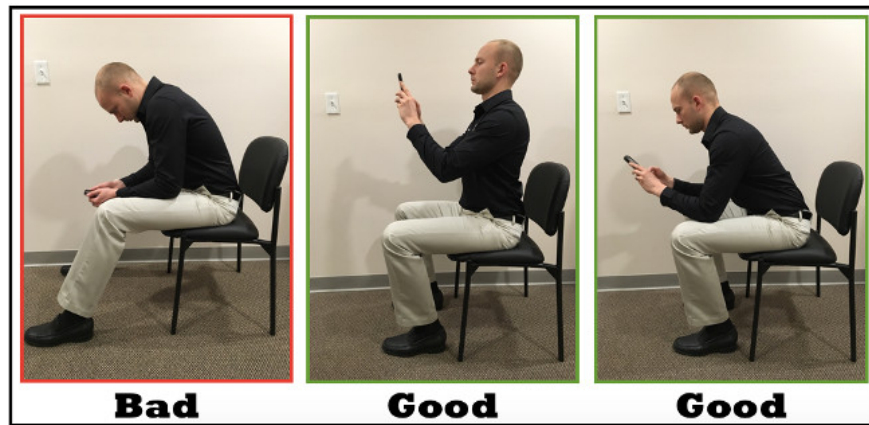


How to use your phone without ruining your physique?

Here are some illustrative images of phone use poses that seriously affect our spine and are also useful tips for tech followers.

In the present era, **handheld devices** and **smart phones** are " *unrelated objects* " of many people. However, using the phone often in the wrong position can seriously damage the spine and affect your health.

" *Poor posture* " is gradually becoming popular in the early years of the 21st century. A person can bend down to use the phone for hours, which is **harmful to their spine** . Because when using these smart handsets, many people can sit in one position for 4 hours straight.



That's why today we decided to learn how to use the phone without harming **our health** . Here are some **illustrative images** of phone use poses that seriously affect our spine and are also useful **tips** for tech followers.

The inclined, bowed positions make your spine suffer a lot **of weight** , affecting the lungs and other internal organs. For example, when standing in a head position 30° tilted, your spine is subjected to a pressure equivalent to 18kg, while in the head posture it is 60°, the pressure can be up to 27 kg.

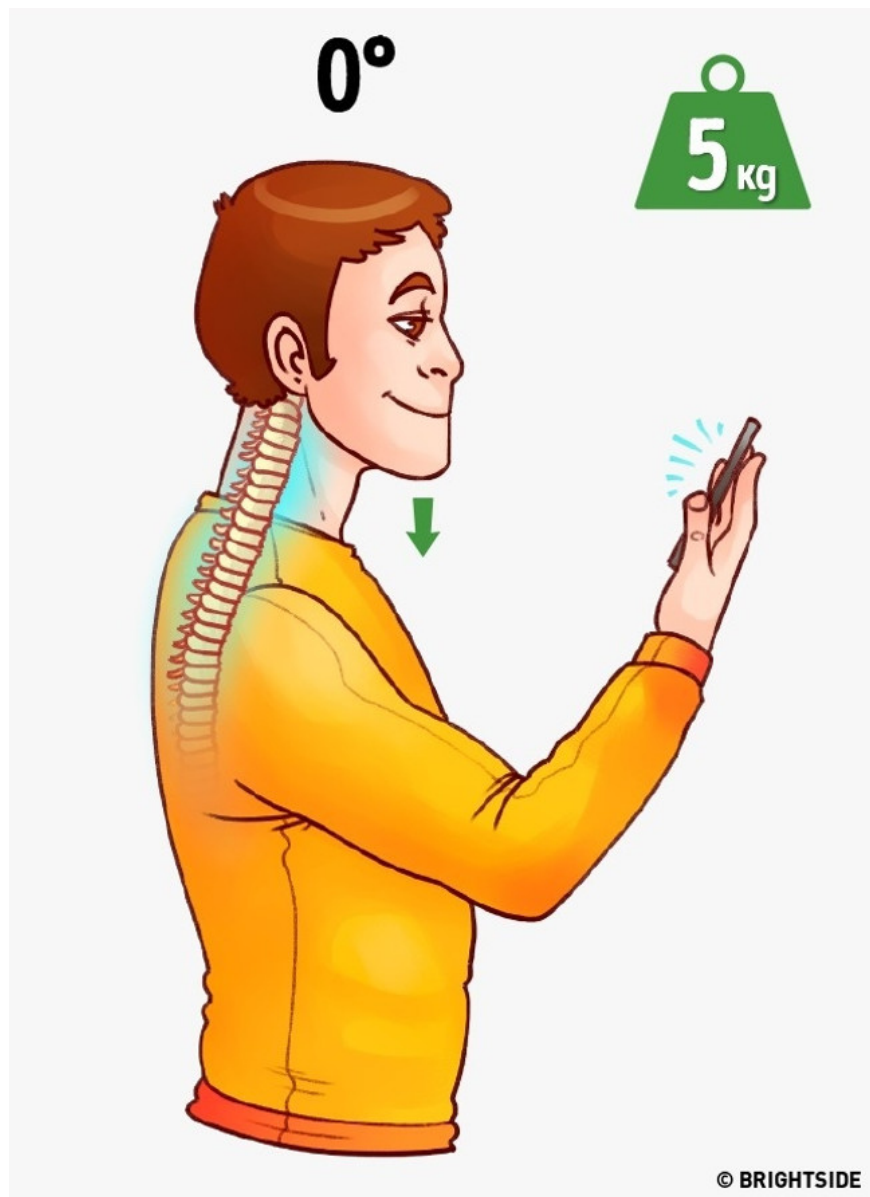


Research has shown that a person's **standing posture** can affect that person's **attitude of life** . A **depressed** individual tends to hold a **hunched posture** , now people often call it a sarcastic term **iHunch symptom** . In the past, only elderly people had to seek medical measures to treat back pain, but now doctors have determined that patients with this disease are "rejuvenating".

Characteristics of iHunch symptoms: extended neck, shoulders slumped, hands on the side of the body. These characteristics are easy to see in people who regularly use smartphones.

A correct posture is often very important, it not only helps you have a better shape but also increases productivity and prevents stress.

And this is **the right posture** , you should **hold your head straight** and **adjust your eyes to the screen** , instead of bending your back. When in this position, your spine is only subjected to a force of about 5 kg.



5 things to remember to minimize back problems:

1. Gently turn your head from side to side slowly to move the muscles.
2. Massage the shoulders, muscles in the shoulder area and shoulder blades.
3. Stand up and stretch your arms, stretch and bend. This will help you relax the muscles that are strained when sitting for a long time using the phone.
4. If you use the phone continuously for more than 10 minutes, practice exercises to bend your chin to your neck and squeeze your shoulder blades backwards. Repeat this action a few times, each time keeping that position for about 10 seconds.
5. Remember to adjust your posture when using a smartphone to avoid future health problems!

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