

Using the wrong smartphone can cause your skull to 'tail'

More and more young people grow an unusual tail behind their skulls and the reason is that they spend too much time on handheld devices, especially smartphones.

According to research by scientists from the Sunshine Coast University in Australia published in Science Report, more and more young people grow an unusual tail behind their skulls and the reason is because they spend too much time for handheld devices, especially smartphones. This is a demonstration of "evolution" when your body reacts to the habit of using smartphones in the 21st century.

The extra growth part called the scientific term is the bottom of the occipital area (Enthesophytes or enlarged external occipital protuberance -EEOP). On average, it will be about 2.6 cm longer, but it can also be up to 3.1cm long for special cases.



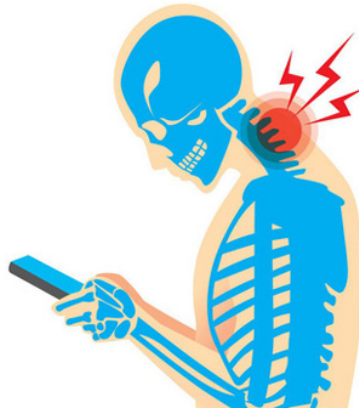
X-ray images of the spine protruding behind the skull of a 28 year old.

According to researchers, this bone area arises from the location where ligaments or tendons cling to the bone. Normally, it will take a very long time for these protruding thorns to grow and develop. They will appear more commonly in older people than young people.

However, recent research shows that the opposite is true. 1 in 3 people grow a "tail" behind the skull, the study results on 1,200 people aged between 18 and 86. Among them, the most likely to encounter mutations are men in degrees aged 18-29, up to 35%. For the group of people aged 30 to 50, the rate dropped to about 13%, in the

group of people over 60 years old, this rate was 25%.

Before 2000, other scientists also had research on this strange phenomenon, but there has not been any study of young people with so much prickly thorns in the occipital area.



Using the wrong smartphone in a position can cause problems in your neck area.

Research published in the Science Report does not give a reason for this strange phenomenon. However, according to some scientists, the neck and posterior areas of young people are under great pressure due to the explosion of smartphones and the use of wrong handsets posture has caused bone structure on the side. outside the occipital area changes.

This phenomenon occurs in men more than women because they use more handheld devices.

How many years have you used your smartphone, are you "evolving" using devices that have a wrong screen? Try touching your hands behind the head, right where the spine connects to the base of the skull to check if a thin bone appears like a dead tail.

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