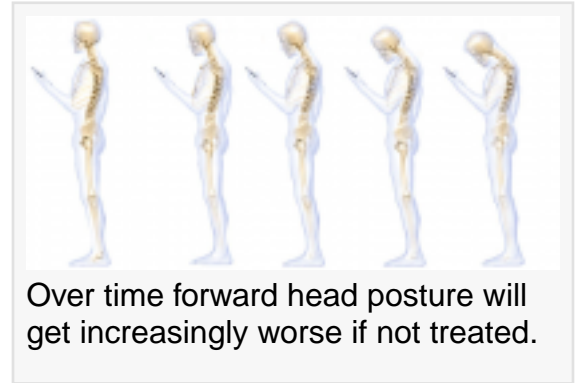


# Dr. Christopher Kawa Reports: You Might Be Texting Your Way to Pain

*Dr. Christopher Kawa, a chiropractor in Brick NJ, discusses the causes and symptoms of forward head posture.*

BRICK, NEW JERSEY, USA, July 23, 2015

/EINPresswire.com/ -- Dr. Christopher Kawa, a chiropractor in Brick, New Jersey, is urging mobile phone users to take a closer look at the damage it could be causing their bodies. More and more patients come into Dr. Kawa's office each week, complaining of neck pain, headaches, even shoulder pain, and they all seem to have one thing in common.



These days' everyone is constantly looking down at their hand held devices, whether it be a smartphone, a portable video game, or even an e-reader. People spend an average of 2 to 4 hours each day with their neck bent downwards, with no concern to the negative effects it's having on their spine, and eventually their entire body. If you stop and take a look around you, you will see many more people with forward head posture (FHP) than you would expect.

Throughout the stresses and activities of daily life, it is usually the cervical (neck) curve that decreases, and in return results in something chiropractors call "forward head posture." Over time if this condition, otherwise known as "text neck," isn't treated it will worsen, and eventually become extremely dangerous to your health. This is because of the ridiculous amount of stress that is created from the imbalance. When too much pressure is put on the spine, your head will start to tilt forward.

"For every 1/2 inch of forward head posture, the muscles in the neck and upper back have to hold up the equivalent of 20 more pounds," said Dr. Kawa. "Many people have an inch or even two of forward head, that's an extra 40-80lbs weighing the head down."

The body becomes imbalanced because of the extra weight. It also crushes the brain stem, restricting the flow of information from the brain to other parts of the body. This causes messages from the brain to become lost, resulting in malfunction to the organs or pain and discomfort in different areas of the body.

"This damaging stress causes disc degeneration, bone spurs, inflammation and even nerve damage," warns Dr. Kawa, "Combined with mis-alignments and inflammation, it's no wonder why many teens and young adults come to me with neck pain, [low back pain](#) and other pains shooting down the arms and legs."

Forward Head Posture can even lead to a plethora of other seemingly unrelated symptoms such as emotional instability, arthritic development, muscle spasms, and even reduced endorphin production. To make matters worse, over time the body will try and compensate for the loss of the cervical curve, and may end up damaging other parts of the body.

The best way to avoid forward head posture is through education and awareness. We live in a social

world, and more and more things can be done and are being done on handheld devices. It is important to be educated about the causes and dangers of FHP, and to especially be careful of the amount of time spent looking down. Thankfully, [chiropractic adjustments](#) and stretching have proven to tremendously help reverse the effects of forward head posture.

Press release courtesy of Online PR Media: <http://bit.ly/1GHkCic>

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