

Posture Pandemic Declared as 1 in 3 Australians Now Suffer Chronic Neck Pain, Reports North Shore Family Chiropractors

North Shore Family Chiropractors links rising neck pain in one-third of Australians to poor posture and screen overuse.

SYDNEY, NEW SOUTH WALES, AUSTRALIA, July 20, 2025

/EINPresswire.com/ -- [North Shore Family Chiropractors](#) has released a new analysis revealing a marked rise in chronic neck pain across the Australian population. One in three adults now experience ongoing symptoms linked to cervical spine dysfunction. The trend is being described by health experts as a “posture pandemic,” reflecting the widespread nature of this emerging issue and its growing impact on daily life, productivity, and national healthcare costs.



The condition affects a broad demographic, spanning students, office workers, manual laborers, and adolescents. Lifestyle factors such as prolonged digital device use, sedentary routines, and elevated stress levels are cited as key contributors. The average working adult in Australia spends approximately 6.8 hours per day looking at screens, contributing to forward head posture and tension known as “tech neck.” Extended time in fixed positions, especially with poor ergonomic setups, places sustained strain on the neck, upper back, and shoulders, leading to muscular imbalances, joint misalignment, and chronic pain patterns.

The report outlines several underlying causes of the condition. Poor workstation design, unsupported furniture, and lack of regular movement contribute to mechanical stress in the cervical spine. Mental stress and elevated workloads increase muscle tension, particularly in the neck and shoulders, compounding physical strain. Decreased physical activity reduces muscular support in postural stabilisers, weakening the spine’s ability to absorb mechanical load. These factors together form a cycle that can evolve from temporary discomfort into long-term musculoskeletal disorders.

Dr Darren Leukefeld, principal chiropractor at North Shore Family Chiropractors, reports a significant rise in patients presenting with related symptoms, some as young as 14 years old. Persistent neck pain is no longer confined to older adults or those with previous injury. The shift in population-level habits and physical patterns has created new risks across age groups, occupations, and lifestyles. Without intervention, individuals may face long-term effects including recurring migraines, nerve compression, restricted mobility, and related mental health challenges.

In addition to the human toll, chronic musculoskeletal issues present a financial challenge. Current estimates place the cost of these conditions at over \$55 billion annually in Australia, with neck pain contributing to lost productivity, increased absenteeism, and long-term disability claims. The cumulative effect on both the healthcare system and the workforce underscores the urgency for early recognition and targeted intervention.

North Shore Family Chiropractors emphasises the importance of postural awareness and preventative care. Early identification of symptoms and professional assessment are critical in reducing long-term complications. Simple changes such as improved ergonomics, regular stretching, movement breaks, and spinal health assessments may reduce the risk of progression. The clinic encourages individuals, employers, and educators to consider the long-term implications of sedentary routines and take proactive steps to address them.

To learn more about contributing factors and available management options, visit North Shore Family Chiropractors' educational guide [Neck Pain: Causes, Symptoms, and Chiropractic Care for Relief](#).

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