



THE HIDDEN BACK-TO-SCHOOL INJURY: **TECH-NECK** & HOW TO PREVENT IT

Did you know the average student spends 6+ hours a day on a laptop or tablet for school alone? That forward head posture puts up to 60 pounds of pressure on the neck and spine — and it's becoming one of the most common complaints we see in student patients each fall.

PRECISION CARE FOR MODERN POSTURE PROBLEMS:

**FROM SCREEN STRAIN TO SPINE HEALTH —
HELPING STUDENTS SIT, STUDY, AND
RECOVER BETTER**



Tech-neck isn't just a buzzword — it's a real, measurable strain pattern caused by hours of looking down at screens, and it's showing up in students younger than ever. Left unaddressed, chronic forward head posture can lead to tension headaches, upper back and shoulder pain, and long-term spinal misalignment. At **SMART Health & Wellness**, our physical therapy team evaluates posture, muscle imbalances, and ergonomic habits to build a personalized correction plan — often paired with red light therapy to reduce inflammation and support muscle recovery. A few small changes now can prevent years of chronic neck and back pain later.