

TECH-NECK PREVENTION 101

Simple, effective ways to prevent tech-neck and forward head posture — plus how SMART Health & Wellness supports long-term spine and posture health.



**“STUDIES
INDICATE
THAT...”**

**73% OF
UNIVERSITY
STUDENTS
AND 64.7% OF
PEOPLE WHO
WORK FROM
HOME HAVE
NECK OR
BACK PAIN.”**

AMERICAN NEUROSPINE
INSTITUTE, 2023



THREE WAYS TO PREVENT TECH-NECK

**Raise the screen,
not your chin.
Position laptops
and tablets at
eye level using a
stand.**

20-20-20 Rule:
Every 20 mins,
look at
something 20 ft
away for 20
seconds.

**Address Tension
Before it Becomes
Chronic. Look into
Red Light Therapy
and Muscle
recovery options.**



 **(949) 520-1012** Call for any questions about treatments for Tech-Neck

SMaRT Regenerative Pathways | smarthealthwellness.com