

MOBILE DEVICE ERGONOMICS

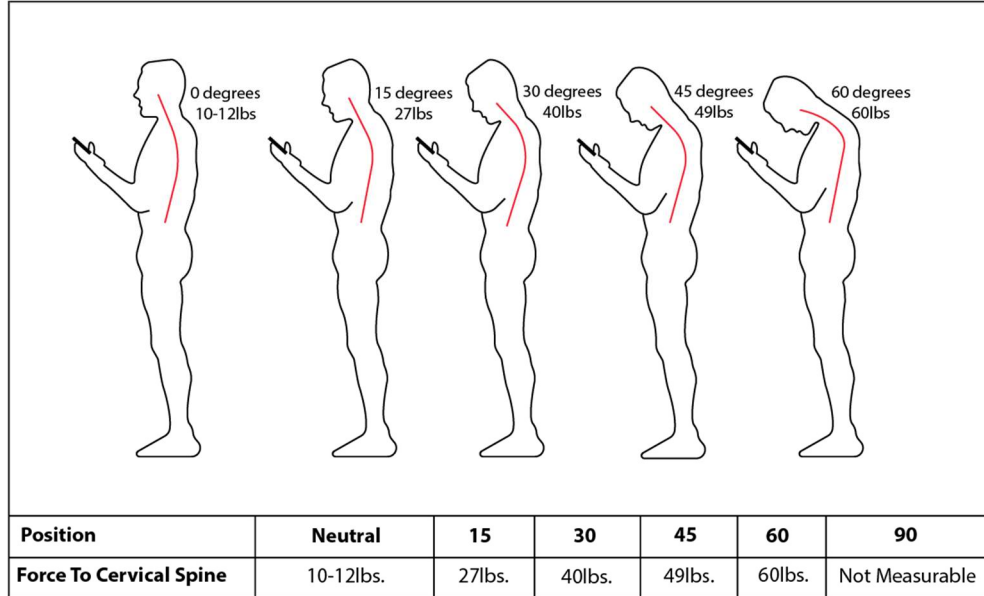
According to CBS News, people spend an average of two to four hours each day with their neck bent at an unnatural angle while sending off emails and texts. That’s 700 to 1,400 hours a year. The success of social media has led to an epidemic of bad smartphone posture.

The average adult head weighs roughly ten pounds when it’s in the upright or neutral position. However, due to gravitational pull, the cranium becomes heavier the more the neck is bent. Several times heavier, according to research from Dr. Kenneth K. Hansraj, Chief of Spine Surgery at New York Spine Surgery & Rehabilitation.

The weight seen by the spine dramatically increases when flexing the head forward at varying degrees. Loss of the natural curve of the cervical spine leads to incrementally increased stresses about the cervical spine. These stresses may lead to early wear, tear, degeneration and possible surgeries.

The study found that bending the head at a 60-degree angle to get a better look at a selfie is putting 60 pounds of pressure on the cervical spine (the portion of spine above the shoulders). But it’s not just the big slump, tilting the head a mere 15 degrees puts 27 pounds of pressure on the spine; a 30-degree neck tilt could equal 40 pounds of pressure; a 45-degree tilt adds the force of 49 pounds.

Illustrated Amount of Self-Inflicted Daily Pressure from Dr. Kenneth K. Hansraj:



“Proper Hand Position” and Right Screen Height” Tips:

- Bring screen up to eye level.
- Set up devices (tablets) in a way not to be looking down on them.
- Take a break every 10-15 minutes and stretch the neck.