



TEXT NECK SYNDROME: CAUSES, SYMPTOMS, AND PREVENTION

Are you reading this article on your phone? If so, you're likely looking down as you read these words—which puts your neck at a pretty uncomfortable angle. If you lift your phone by just a few inches, your neck should settle into a more neutral position.

There! Doesn't that feel better?

Mobile devices have given rise to a new term: "text neck." Text neck is an overuse injury resulting from the position most of us fall into when looking at our phones. It can cause several different symptoms, including neck pain and headaches.

Fortunately, physical therapy can help you manage neck pain and other related symptoms—whether or not your cell phone is the root cause. We can also guide you through prevention tips for avoiding neck strain.

The Symptoms of Text Neck

Text neck isn't really a new condition, but rather a catchy name for a repetitive use injury of the neck. Repetitive use injuries are fairly common and occur as a result of performing the same movement over and over—such as bending down to look at your cell phone.

People with this type of repetitive use injury do show several common symptoms, including the following:

- **Pain:** This pain can be located in the neck, upper back, or shoulders and varies in intensity and sensation. Some people report a sharp, stabbing pain in one area, while others complain of a general soreness across the neck and shoulders.
- **Stiff Neck:** Along with pain, some people report stiffness and immobility in their necks.
- **Rounded Posture:** A particular posture is associated with

TECH NECK TAKEDOWN. DITCH THE DISCOMFORT!

text neck—a forward head position and rounded shoulders. This posture results from weakened, imbalanced muscles.

- **Headaches:** Some people experience tension-type headaches due to tight neck and upper back muscles.

Tips for Preventing and Treating Text Neck

The best way to address text neck is to prevent it from developing in the first place! As with any overuse-type injury, your best prevention tool is movement. Don't spend too long on your cell phone without taking frequent breaks, and avoid holding your neck and head in any one position—especially the classic “hunched over” position.

It's also important to hold your device so that you can place your head and neck in a more neutral position. This is actually true not just for cell phones but for books, e-readers, or computers. If it's a handheld device, hold it up so that it's level with your gaze. Set laptops or computer monitors up as ergonomically as possible so you aren't bending down to see your screen.

However, if you're already struggling with symptoms from text neck, the physical therapists at Marketplace Physical Therapy can still help! A few weeks of rehabilitation can address your symptoms, helping to reduce pain and stiffness. Our team will help you find a solution that works for you, pulling from the following techniques:

- **Manual Therapy:** We'll begin with hands-on manual therapy techniques such as soft tissue and joint mobilization, which can help address pain and stiffness.
- **Stretches and Strengthening Exercises:** We'll start with simple stretches to improve the range of motion in your neck, then move on to exercises that help strengthen your neck, shoulder, and upper back muscles. By strengthening these areas, you'll see improvements in your overall posture.
- **Postural Corrections:** We'll also address any postural issues we notice and provide you with strategies for being aware of good posture habits when using your cell phone.
- **Pain Management:** We can help address pain acutely with hot or cold therapy, tissue mobilization, and targeted exercises.

Delete Text Neck From Your Life Today!

If you've noticed an increase in neck pain and stiffness, schedule an appointment with Marketplace Physical Therapy today! Whether your neck pain stems from your texting habits or some other habitual movement, we'll find a solution that addresses your needs.

STAFF SPOTLIGHT

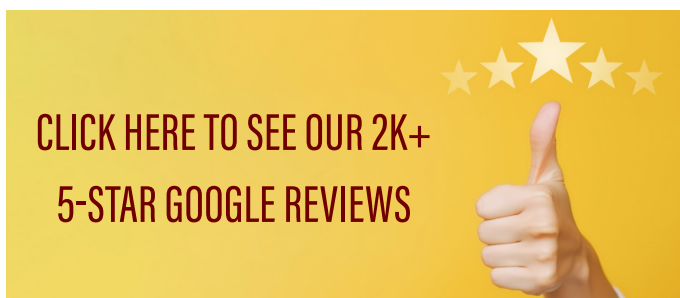


Please welcome
Dr. Monica Padilla Gonzalez!

Dr. Monica is new to our downtown Riverside location but is no stranger to the physical therapy world. Dr. Monica received her Bachelor's degree from Cal State University San Bernardino in Kinesiology with a concentration in Allied Health and received her doctorate degree from

Western University of Health Sciences in 2023. Dr. Padilla Gonzalez was made for physical therapy and specifically enjoys pediatrics. If Dr. Monica wasn't so darn good at her job, she would definitely be an interior designer.

When Dr. Monica is not guiding her patients through recovery she enjoys hiking, tanning, and trying new foods and drinks. Dr. Monica dreams of running a marathon, buying a home and skydiving. We are excited to have Dr. Monica as a part of our team and look forward to hearing about all of the impact she makes within her clinic.



**SCHEDULE YOUR
APPOINTMENT
TODAY!**

951-684-2874

VISIT A CLINIC NEAREST TO YOU!

Riverside 3191 Mission Inn Ave. Ste B
Riverside, CA 92507
951.494.4499
**Located inside Anytime Fitness*

Riverside/Corona 4270 Riverwalk Parkway, Ste 114
Riverside, CA 92505
951.319.2482
**Located inside Anytime Fitness*

Chino 14682 Central Ave
Chino, CA 91710
909.352.4705

Redlands 210 E. Citrus Ave.
Redlands, CA 92373
951.349.4741

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223
951.482.8264

EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT
story and leave your review.
We look forward to hearing
from you!

★ REVIEWS



www.marketplacewellnesscenter.com

HEALTHY RECIPE

CRANBERRY SAUCE

Ingredients

- 1 cup (200g) sugar
- 1 cup (250ml) water
- 4 cups (one 12-ounce package) fresh or frozen cranberries
- Optional: pecans, orange zest, raisins, currants, blueberries, cinnamon, nutmeg, allspice



Directions

Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries. Put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar. Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst. Once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients. We like to mix in a half a cup of chopped pecans a pinch or two of orange zest. Some people like adding raisins or currants, or even blueberries for added sweetness. You can also add holiday spices such as cinnamon, nutmeg, or allspice. If adding spices, start with a pinch of each and add more to your taste. Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.



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**located inside Anytime Fitness*

TEL: 951-684-2874



MARKETPLACE

PHYSICAL THERAPY
& WELLNESS CENTER

THANKS FOOD DRIVE GIVING

Please join Marketplace Physical Therapy and Path of Life Ministries in providing Thanksgiving meals/canned goods to families in need.

We Are Collecting The Following Unopened & Non-perishable Items:

Canned Gravy
Canned Corn
Boxed Stuffing
Cranberry Sauce
Canned Vegetables
Canned Tuna
Canned Soup

Canned Yams
Boxed Mashed Potatoes
Boxed Mac and Cheese
Peanut Butter & Dry Milk
Dry Pasta & Rice
Dessert Mixes

OCT. 9TH - NOV. 10TH

Drop Off Locations

Riverside

3191 Mission Inn Ave. Riverside 92507
*located inside Anytime Fitness

Redlands

210 E. Citrus Ave. Redlands 92373

Chino

14682 Central Ave Chino 91710

Riverside/ Corona

4270 Riverwalk Pkwy Riverside 92505
*located inside Anytime Fitness

Beaumont

1620 E. 2nd St. Suite I, Beaumont 92223

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