

BACK PAIN RELIEF CLINIC

TECH NECK

HEADACHES
NECK PAIN
SHOULDER PAIN
BACK PAIN
ARM & HAND PAIN
SCIATICA

AS THE HEAD TILTS FORWARD, MORE FORCE IS PLACED ON THE SPINE

DEGREES OF FORWARD HEAD TILT	PRESSURE ON SPINE (LBS)
0°	12
15°	27
30°	40
45°	49
60°	60

THE AVERAGE PERSON SPENDS 8-11 HOURS PER DAY USING ELECTRONIC DEVICES

CHIROPRACTIC CARE CAN HELP
CORRECT AND PREVENT THESE PROBLEMS
BY RESTORING AND MAINTAINING
PROPER ALIGNMENT OF THE NECK

Hunter Health

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