

BROADCAST-‘Tech Neck’ is the new carpal tunnel

Too much time on phones and computers is literally a pain in the neck even for young children

ANCHOR LEAD IN: The average American spends 7 hours and 4 minutes looking at a screen each day and medical providers say that’s creating something called ‘tech neck’ and it can be as debilitating as the effects from repetitive motion that causes carpal tunnel.

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Dr. Josh Carpenter of OSF HealthCare says hunching over a screen for hours on end each day can do serious damage to neck and back muscles.

SOT-Dr. Josh Carpenter

“You can have pain in your upper back, your lower back, neck, severe headaches and some nausea can be included in that. In severe cases it can cause nerve impingement that can send shooting pains down your arms.” (:17)

Dr. Carpenter says his colleagues have seen patients as young as five all the way up to those in their 80s with symptoms. Getting a massage or using a TENS machine for stimulation can help but if you experience ongoing acute pain, Dr. Carpenter suggests seeing a medical provider.

TAG: A way to avoid ‘tech neck’ --- get up and move every 15 to 30 minutes, maintain good posture and find ways to keep your neck loose.