

TRANSCRIPT OF MEDIA-'Tech Neck' is the new carpal tunnel

Dr. Josh Carpenter, Family Medicine physician and managing hospital medical director at OSF HealthCare

"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)

"You can have some nerve impingement because of the pressure on the spine where the nerves are exiting from the spinal cord or vertebral bodies. In addition, as some of those muscles tighten you can sometimes get impingement just from the irritation and the tightness of those muscles on the nerves," Dr. Carpenter explains. (:22)

"We see it as young as four or five years of age with using mobile devices all the way up to the elderly. You know it affects all of us working in health care especially as we spend more time in front of a computer with poor posture." (:17)

"Safe modalities of treatment include things like physical therapy for trigger point injections, strengthening some of those muscles, correcting your posture; honestly doing things as simple as getting up and moving every 15 to 30 minutes if you do have to be in a position with poor posture so that your muscles can relax." (:24)