

Working with Text Neck- A Digital Age Epidemic

6.5 NY State, 6.5 NCBTMB, 6.5 FL State

Course Description:

Text neck is being deemed a new worldwide epidemic that will only continue to grow as people spend more and more time working and playing on hand-held devices. What do you know about it? How does it differ from other conditions like thoracic outlet syndrome, etc? How can you best guide your clients in prevention and recovery?

The average person texts and scrolls on their smartphone for at least 5 hours a day, and the time spent attached to our devices is only increasing as the range of mobile devices expands. Holding I-watches, tablets, e-readers and personal gaming consoles in front of us while tilting the head down to view them transforms our normal, neutral posture into a contorted posture that over-taxes neck muscles and over time, damages the spine.

As we know by studies of other forward-head posture conditions, the weight of the head increases greatly with every inch it's held in a forward or tilted posture- experts say it may increase double-fold for every inch. Combine that with fine, repetitive movement of the thumbs and grasping of the device itself and you have a recipe for disaster.

Millennials in particular, who have grown up in a hand-held digital device culture, will soon make up an enormous percentage of clientele that suffer from muscle pain and fatigue, nerve pain and paresthesia, and poor posture that creates long-term dysfunction and possible debilitating spinal abnormalities like herniated disks and loss on the natural cervical curve.

As a massage therapist you can educate your clients on the possibility of this imbalance, teach them beneficial ergonomics, stretches and exercises that can correct and relieve pain, instill the long-term benefits of adopting a practice of being mindful of body position during mobile technology usage, and create the most effective massage treatment special to their postural needs.

Lecture (10:30am-12pm)

-What is Text Neck? -Is it thoracic outlet syndrome, carpal tunnel, double-crossed syndrome, tendinitis? -Anatomy Review-Incidence (now and future)-Ergonomic

risk factors-Symptoms and exacerbations, further dysfunctions-Spinal damage and long-term dysfunction

- Learning Outcome: Understanding the complexities of Text Neck

Assessment (12pm-12:30pm)

-Observation and Intake:-What will clients present with-What questions to ask-Assessment to identify individual problem areas

- Learning Outcome: How to gauge where each individual is being affected most and the cause of their particular symptom manifestation

Hands-on (Demo) (12:45pm-2:45pm)

-Deciding on proper treatment -Massage modalities (2 or 3 sequences)

- Learning Outcome: Know how to choose/create the best treatment for each individual

Hands-on (Practice) (3:00pm-5:00pm)

-Students practice text neck sequences to treat the neck and affected areas.

- Learning Outcome: Become familiar with treatment modalities/sequences that address this condition

Complementary and After-Care (Stretches & Strengthening) (5pm-5:30pm)

-Exploring the postural imbalance of 'text neck' syndrome in your own body-Learn stretches and strengthening exercises to alleviate symptoms and correct posture

-Demo & practice in your own body-Practice teaching these to clients (in an effective manner without taking too much time from session)

- Learning Outcome: Become familiar with how the postural imbalance feels in your own body and practice specific stretches and strengthening exercises. Become proficient at teaching them to your clients as part of their self-care and recovery plan.

Educate Your Clients (Daily Mindfulness) (5:30-6pm)

-Educating your clients about what this new common condition is and how it may affect them, as well as potential long-term serious conditions

-Talking about mindfulness & long-term implementation of daily ergonomics w/ your clients (include digital reminders, apps etc)

- Learning Outcome: Learn how to give your clients the right tools to take with them into daily life to increase the benefits of their massage sessions with you, empower them, and give them confidence in your work