

Working with Tech Neck

A Digital Age Epidemic

Tech neck syndrome is an enormous health issue worldwide that will only continue to grow as people spend more and more time working from home (WFH) at makeshift workspaces and laptops and using hand-held devices for work and play.

As a massage therapist you can educate your clients on the dangers of technology overuse, show them how to better connect to their body's messages through massage, and even teach them healthy ergonomics, stretches and exercises that can help correct and relieve pain. You can guide them in creating the long-term benefits that awareness of body and mind brings to posture and daily habits.

Pre-pandemic, experts noted that the average adult texts and scrolls on their smartphone for at least 5 hours a day (sometimes in addition to the time spent on their computer). Now, as the range of mobile devices, apps and programs expands and as people continue to work from home or via makeshift office space during the pandemic and beyond — we can expect that number to continue to soar.

Some things we'll explore in this Live webinar with Hands-ON Course:

- What is tech neck syndrome- how does it differ from other conditions like thoracic outlet or carpal tunnel syndrome, etc?
- How can you create the most effective massage treatment that's specific to the postural needs of someone affected?
- How confident do you feel with your hands-on neck massage skills?
- How can you best guide your clients in prevention and recovery?



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