

December 18, 2017



The Painful Side Effect to Gifting Gadgets this Holiday Season

Text neck is a painful condition caused by the continual use of technology

SCOTTSDALE, Ariz., Dec. 18, 2017 (GLOBE NEWSWIRE) -- If you have a new phone or the latest video game console wrapped beneath your tree, you may also be giving a painful gift to your loved ones this holiday season.

Text neck, a condition in which the continual use of technology causes neck pain and discomfort, can cause serious health risks. It happens most often when you bend over to read text message, browse the internet or gaze at video game screens and controllers. And with the large amount of technology and gadgets gifted over the holiday season, cases of text neck will be rampant.

Symptoms of text neck can include:

- Soreness
- Stiffness
- Pain to the shoulders, neck and upper back
- A slight curving of the spine
- Increased headaches

The severity of these symptoms will vary from person to person, but tend to be more prominent with an increased level of activity on the phone or device used.

There are solutions for this type of pain. Of course, curbing technology use might be the most obvious one, but if you can't pry the controller from your child's hands this winter break, there are other options, as well, including neck stretches and a routine visit to the chiropractor.

Since text neck often causes actual misalignment of the spine, chiropractic care can help. A chiropractor can use spinal manipulation to properly align the spine and keep it healthier and pain free. And at The Joint Chiropractic, we are able to treat children, as well as adults, so aligning the spine of the child who is never without his phone is no problem.

The Joint Chiropractic has experts available to speak to media in-studio or on location at a clinic about the dangers of text neck. Contact Molly Hottle at 480-245-5960 x 202 or molly.hottle@thejoint.com to arrange an interview.

About The Joint Corp. (NASDAQ:JYNT)

Based in Scottsdale, Arizona, The Joint is reinventing chiropractic by making quality care convenient and affordable for patients seeking pain relief and ongoing wellness. A no-appointment policy and convenient hours and locations make care more accessible, and affordable membership plans and packages eliminate the need for insurance. With 350+ clinics nationwide and more than 3 million patient visits annually, The Joint is an emerging growth company and key leader in the chiropractic profession. For more information, visit www.thejoint.com or follow the brand on [Twitter](#), [Facebook](#), [YouTube](#) and [LinkedIn](#).

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Source: The Joint Corp.