

# Text Neck' Syndrome & Homeopathy

Text neck is the term used to describe the neck pain due to overuse or repetitive stress injury caused by looking down at your **mobile phone, tablet**, or other wireless devices too frequently and for too long.

"Text neck" is becoming an epidemic that could lead to even **permanent spine damage especially in children**. Furthermore this repetitive injury to the neck and spine can cause excessive wear and tear of muscles, ligaments and nerves.



**Looking down at your phone can force up to 60 pounds of weight on your spine...**

## Symptoms:

- Neck pain and stiffness
- Headache
- Upper back pain and muscle spasms.
- Shoulder pain and tightness.
- If a cervical nerve becomes damaged than possibly neurological symptoms can radiate down your arm and into your hand.
- Some studies have shown that it can even lead to early onset of arthritis in the neck.

## Helpful tips:

- Hold your mobile phone at eye level as much as possible. You shouldn't have to bend your head forward or look down to view it.
- A "text neck" is a repetitive stress injury, so take frequent breaks from your phone and laptop throughout the day.
- Do some exercises like yoga and Pilates, which focus your attention on attaining the right posture.



**Homeopathic management:** Homeopathy provides excellent support to people suffering from repetitive injuries. The selection of homeopathic remedy is based upon the peculiar symptoms of the individual. There are many homeopathic remedies used in injuries and other injuries related symptoms. Depending on each individual, some remedies might be more suitable than others. Some homeopathic remedies include: *Bryonia, Belledonna, causticum, Gelsemium, belodrilus, hypericum, ledam, mag-phos, rhustox, ruta*.

**Contact here to make an appointment!**

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**Mehmood Abdul Hayee** is an author of two books. He did his *research master* from *Hahnemann Institute the Netherlands*. He has spent last ten years in conducting research in Homeopathy. He runs his **practice in the Netherlands and in U.K (Amsterdam & London)**; where he is involved in dealing both acute & chronic cases. He is a *member of the Dutch & U.K Organization of Homeopaths*. He has given several lectures in different homeopathic schools in the Netherlands.

