What is the simplest way to improve your well-being today?

According to the latest University Student Health Survey (KOTT 2016), approximately one in every three students experience weekly symptoms in the neck and shoulder region as well as the upper back. Some also suffer from headache. In addition, a third of the survey participants reported teeth grinding, while at least one in four experience weekly head pain in the temple, jaw joints, face or jaws.

ARE YOU CARRYING THIRTY EXTRA KILOS ON YOUR NECK? When using smart devices, people tend to bow their heads. Depending on the position of the head, this can place extra weight (equivalent to that of a big dog) on the vertebrae of the cervical spine.

HEADS UP!

TENSION IN THE MASTICATORY MUSCLES AND SKULL BASE MUSCLES

DEGENERATIVE CHANGES IN THE CERVICAL SPINE

PAIN IN THE NECK AND UPPER BACK

PAIN AND NUMBNESS IN THE ARMS

HEADACHE

WWW.YTHS.FI/EN/HEADSUP