



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.

HEADACHE

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

HEADS UP!

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.

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

WWW.YTHS.FI/EN/HEADSUP