

Description

In case you are suffering from consistent neck pain and you coincidentally use an iPad, there might be a correlation that you are not aware of. Researchers from the University of Nevada, Las Vegas, have recently discovered a condition caused by the excessive use of iPads. “iPad neck,” also known as “tablet neck,” is a persistent pain in the neck and upper shoulders. Such a pain is common among people using an iPad kept in the lap, and sitting in a slouching or bending posture. The study also showed that this condition is twice more common in women than in men. This condition is also more prevalent in younger adults than in older adults. The gender disparity could be due to women’s stronger and smaller stature. In fact, the results were prominent among university students, staff, and alumni, due to their posture and sedentary behavior. Therefore, beware of your iPad!

To know more, click here now!

Category

1. Checklist

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