**FACT:** The average adult head weighs roughly ten pounds when it’s in the upright or neutral position. Bending the neck forward just a few degrees can change the force on our spine from ten pounds to as much as 60 pounds.

Illustrated Amount of Self-Inflicted Daily Pressure from Dr. Kenneth K. Hansraj, Chief of Spine Surgery at New York Spine Surgery & Rehabilitation:

```
<table>
<thead>
<tr>
<th>Position</th>
<th>Neutral</th>
<th>15</th>
<th>30</th>
<th>45</th>
<th>60</th>
<th>90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Force To Cervical Spine</td>
<td>10-12lbs.</td>
<td>27lbs.</td>
<td>40lbs.</td>
<td>49lbs.</td>
<td>60lbs.</td>
<td>Not Measurable</td>
</tr>
</tbody>
</table>
```

“Proper Hand Position” and “Right Screen Height” Tips:

- Bring screen up to eye level.
- Set up devices (tablets) in a way not to be looking down on them.
- Take a break every 10-15 minutes and stretch the neck.