

**CONNECTED  
HEALTH  
CENTERS**

With today's kids spending more time on computers and devices Tech Neck is becoming more and more prevalent. Increased forward head posture can lead to upper back and neck tension, headaches, tightness in the low back and even mental clarity and energy problems for young learners.

At Connected Health we are concerned with your child's health and want to set them up for success now and in their future. Call for an appointment today to have your child go through a comprehensive exam, Posture evaluation and their first adjustment for FREE with any parent exam and adjustment.

We love our community and in this difficult and ever changing time we are here to provide care and support for you and your child's health.  
We are all Connected!

719-510-6730  
11681 Voyager Pkwy #110  
Colorado Springs, CO 80921

\*Details - Free student exam, posture screen and adjustment with paid adult. Adult New patient special of \$21 includes, consultation, exam posture analysis and 1st adjustment.

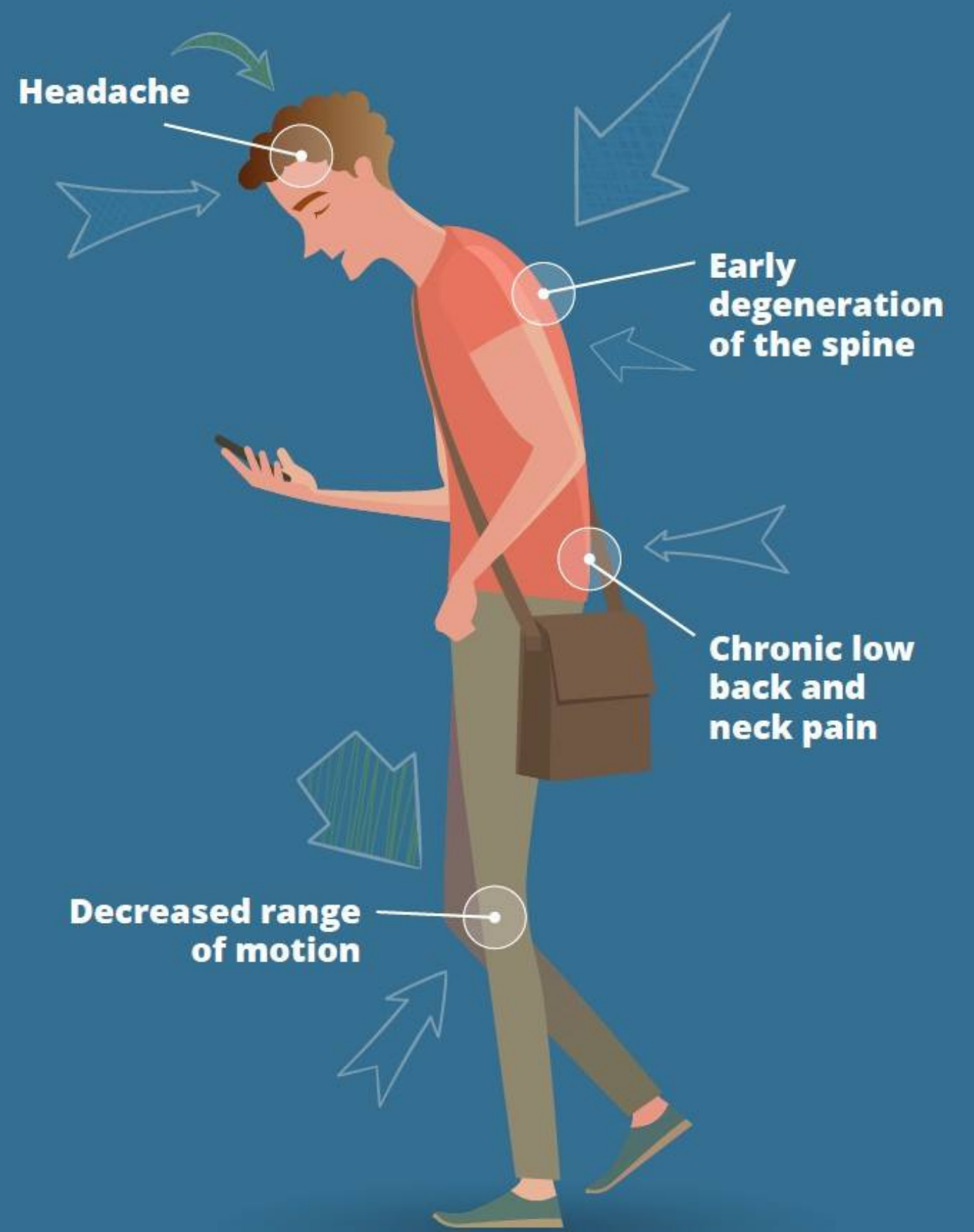
DR. KASSAB, DC, MS, ATC



## AN ONGOING EPIDEMIC: TECH NECK

You've seen it - Slouched shoulders, forward-flexion of the head, mobile device in hand

### TECH NECK CAN CAUSE:



### To prevent tech neck and the associated symptoms:

- ✓ Maintain a neutral spine
- ✓ Keep your mobile device at eye level to avoid added pressure on your neck
- ✓ Limit your mobile device usage
- ✓ See your doctor of chiropractic (DC) for additional preventative measures

For additional tips to prevent tech neck, visit a doctor of chiropractic near you:

[www.f4cp.org/findadoctor](http://www.f4cp.org/findadoctor)

