

Bad Posture:

Starting from the position of your wrist, while using your phone to the angle of your neck when looking down, most people don't retain proper posture when using technology. Use some of our self-defense against technology moves to prevent pain in the future.

To learn more about bad posture caused by technology visit:

<https://www.njspineandortho.com/how-technology-affects-posture/>

<https://www.skyflohealth.com/technology-posture/>

<https://www.backinmotion.com.au/blog/article/how-technology-is-ruining-your-posture-what-to-do-about-it>

About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

For more information visit:

website:
centerfortechpain.com

instagram:
[centerfortechpain](https://www.instagram.com/centerfortechpain)

twitter:
[centertechpain](https://twitter.com/centertechpain)

BAD POSTURE



Self-Defense
Against Technology



NOSE PALM

Make sure you're aware of your posture when using your devices.

Use the heel of your palm to strike up under someone's nose to correct their posture.

