

Poor Posture:

Poor posture while using technology can lead to longlasting negative effects, such as lower back pain, wrist pain, should or hip pain. Make sure to keep your back straight and position yourself correctly at a desk, when texting or using your computer.

To learn more about tech related poor posture visit:

<http://www.cbc.ca/news/health/poor-posture-from-technology-use-can-lead-to-4-damaging-effects-1.2879550>

<http://www.biltmoreparkchiropractic.com/chiropractic-education/poor-posture-and-technology-asheville-chiropractor-dr-michael-masterman/>

<https://www.urbanmassage.com/editorial/technology-affecting-posture/>

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)

POOR POSTURE



Self-Defense
Against Technology



EAR PULL

Improper use of your phone can cause you to have poor posture.

Grab one's ears and yank them to protect the person from obtaining bad posture.

