



SPINALHEALTHWEEK

26 MAY - 1 JUNE 2025

HEADS UP ON

TECH NECK

JOURNALIST NOTES



Adjust Your Thinking.

spinalhealthweek.org.au 

NATIONAL SPINAL HEALTH WEEK 2025 - JOURNALIST NOTES

National Spinal Health Week (26 May to 1 June 2025) is the initiative of the Australian Chiropractors Association (ACA). ACA has conducted national Spinal Health Week for almost 30 years. It is Australia's longest running, and award-winning national health awareness campaign dedicated to improving the spinal health of Australians of all ages.

Annually, the national campaign focusses on a specific spinal health issue while promoting the importance of maintaining good spinal health to improve overall health and wellbeing. In 2025, the campaign focusses on preventing Tension Neck Syndrome (TNS) caused by incorrect smartphone and computer use leading to the spine related musculoskeletal disorder (MSD), "tech neck". Also known as 'text neck', the condition is caused by incorrect or overuse of smartphones and other electronic devices including tablets, laptops and desktop computers. ACA is encouraging individuals, the community, businesses and organisations to participate by registering at www.spinalhealthweek.org.au.

With electronic device use continuing to grow and the cost of Musculoskeletal Disorders (MSDs) to the Australian economy exceeding \$55.1 billion annually (including direct health costs, lost productivity and reduced quality of life); with 6.1 million Australians already affected, of which 58% are of working age in peak income earning years (25-64); and, with the growth in musculoskeletal cases projected to be 43% over the next two decades (including older Australians living with spinal health conditions), the health burden on Australians and our economy is significant. By promoting a proactive approach to improving spinal health through effective drug-free solutions, national Spinal Health Week 2025 will increase awareness of the MSD known as 'Tech Neck' that can cause neck and upper back pain and restrict the quality of life and increase the psychological distress and bodily pain of sufferers.

The Australian Chiropractors Association

Established in 1938, the Australian Chiropractors Association (ACA) is the peak body representing chiropractors. The ACA promotes the importance of maintaining spinal health to improve musculoskeletal health through non-invasive, drug-free spinal health and lifestyle advice to help Australians of all ages lead and maintain healthy lives.

The ACA is the premier association for chiropractic in Australia. With around 3,000 members, the ACA is Australia's largest chiropractic health body and has taken a leadership role in promoting the importance of maintaining a healthy spine to improve the overall health and wellbeing of every Australian. ACA develops and promotes professional standards for chiropractors, has invested \$2.3 million to advance research in musculoskeletal health, builds evidence-based practice for chiropractic healthcare and actively promotes the importance of spinal health through its annual flagship campaign, national Spinal Health Week.

Every week 400,000 chiropractic healthcare consultations are creating well-adjusted Australians. With so many Australians visiting a chiropractor every week, chiropractors play an important role in improving the spinal health of everyday Australians.

Drug-free chiropractic healthcare can treat the cause, not just the symptoms

Although pain medications may offer temporary relief from neck and back pain, academic studies show that opioids, commonly prescribed for this purpose, do not benefit people with acute neck or back pain (lasting up to 12 weeks), and have no positive role in treating chronic neck or back pain. With the possibility of opioids causing serious side effects and potential additional problems, while they may relieve neck and back pain in the short term, longer term outcomes are not improved with opioids.

ACA chiropractors are 5-year university educated healthcare professionals who effectively treat a wide range of musculoskeletal disorders including the causes of neck pain and a range of spinal health conditions. ACA chiropractors use specialised drug-free, evidence-based, non-surgical techniques including specific spinal adjustments to manage spinal health. They apply low-force intervention and use various manual therapies including soft tissue techniques while assessing lifestyle factors and providing relaxation methods to reduce reliance on medication and minimise stress caused by spine-related pain. By treating the cause of pain and not just the symptoms, chiropractic healthcare improves the overall health and wellbeing of Australians.

NECK PAIN & TECH NECK IN AUSTRALIA: OVERVIEW INSIGHTS

An Independent National Consumer Survey Conducted By Pureprofile

1019 Respondents 522 Female 497 Male

651 Reported Neck Pain (64%) | 353 Female (68%) | 298 Male (60%)

Key Findings

Neck Pain is Common & Gendered

- 64% of Australians reported experiencing neck pain: 68% of women and 60% of men.
- 70% of neck pain sufferers reported neck pain impeded their movement or daily activities.
- Women in every age group (except 51–60) reported higher neck pain rates than men.
- Women were 18% more likely to experience neck pain than men.
- The most affected group: Women aged 31–40 (73%).
- Correct posture, regular breaks and ergonomics while using devices had a significant impact on reducing the prevalence of neck pain for all devices.

Ergonomics & Gender Disparities

- Women were 23% more likely to sit at non-ergonomic desks at work - associated with a 16% higher neck pain prevalence (75% vs 64%) when compared to women using an ergonomic workspace.
- Women are 30% more likely than men to experience neck pain seated at a desk without ergonomics while using their tablet at work – 73% of women compared to 56% of men.
- Women were 31% more likely to slouch using laptops than men, with 86% of female slouchers experiencing neck pain compared to 75% of men.
- Female tablet users seated on the floor reported 79% higher neck pain prevalence than men.
- Men were 44% more likely to use tablets at ergonomic desks, experiencing 20.4% less neck pain than women in the same setup.

Posture & Device Use Patterns

- Holding a smartphone at eye level, the recommended position, was associated with the lowest neck pain prevalence (64%) but was only used by only 37.5% of smartphone users.
- The most common posture (56%) was bending the neck to look down, with 72% reporting neck pain.
- 20% of respondents walked while looking down at their phones; 74% reporting neck pain.
- Women were significantly more likely to: Slouch or lean back while using devices at work (+41% with phones); use devices on the floor, with higher pain rates and use non-ergonomic setups at home and work.
- 20% of respondents check their smartphone every 30-60 mins, 13.5% every 10-30 mins and 6% every 5-10 mins.

Perception: Neck Pain & Device Use

- DEVICE USE LINKED TO NECK PAIN:**
 - 45% of respondents said neck pain could be linked to device use. 35% said it “maybe linked”.
 - Only 36% of neck pain sufferers thought their neck pain was linked to device use
- NECK PAIN AFTER 15 MINUTES OF PHONE USE:** 45% of respondents indicated neck pain was a problem when using a device for 15+ minutes
- CONCERN FOR LENGTH OF TIME ON SMARTPHONE:**
 - 61% of women are concerned to some degree compared to 51% of men.
 - 53% of respondents have some level of concern for the length of time spent on their smartphone. with women 20% more concerned about the implications than men.

Neck Pain: Causes

- Medical Diagnosis:** Only 33% of sufferers sought a medical diagnosis - 67% of neck pain sufferers have not.
- Only 29% had the cause of pain identified. The top two causes were degenerative (10%) and tech neck (6%).
- Top 6 Self-Reported Causes:** Poor sleep (37%), Smartphone Use (28%), Aging (27%), Home Computer Use (24%), Work Computer Use (22%) and Stress (19%).

Device Duration & Pain

Neck pain increases with screen time:

- ⦿ **42% of smartphone users spend between 2-6 hours daily**; 47% of tablet users spend under 60 minutes daily.
- ⦿ Across all devices, women reported **8–26% higher prevalence** of neck pain than men for each timeframe.
- ⦿ Women using smartphones **4–6 hours/day** were **43% more likely** to report pain than men (81% vs 56%).
- ⦿ At 6–8 hours/day, women were **60% more likely** to experience neck pain (70% vs 43%).

Impact on Daily Life

- ⦿ **70% reported neck pain impeded their movement or daily activities.** With exercise ceased or reduced by 24% of sufferers.
- ⦿ **65% reported adverse effects from neck pain** with women reporting 17% more adverse effects than men.
- ⦿ **Top effects:** irritability (24%), sleep interference (23%), concentration difficulty (20%) sleep deprivation (16%)
- ⦿ Women were:
 - **75% more likely to develop chronic neck pain**
 - **43% more affected by productivity loss**
 - **41% more likely to report mental health/wellbeing impacts**
 - **33% more likely to experience depression/anxiety due to neck pain**
 - **22% more affected by significant pain than men**

Pain Management & Prevention

- ⦿ **Medication:**
 - **78% took over-the-counter pain relief**; the most common treatment method.
 - **47% took prescription medication:** 53% of men and 42% women.
 - **24% currently take a tablet to manage their pain.**
- ⦿ **Chronic Pain:** 26% of sufferers developed chronic neck pain (persisting for 3+ months or constantly recurring).
- ⦿ 15% of neck pain sufferers required workers compensation.
- ⦿ **Medical/Healthcare Practitioner:** 38% of neck pain sufferers did not consult a practitioner.
- ⦿ **Chiropractic:** 73% of chiropractic users reported improvement in neck pain.
- ⦿ **Lifestyle Changes:**
 - **19% have changed how they physically use devices.**
 - **66% of sufferers were willing to improve posture**, and 63% to exercise/stretch more.
 - Women were **28% more likely to reduce screen time** and **8% more likely to exercise.**
 - Men were 11% more likely to improve ergonomics - the only change they outpaced women on.
 - **Only 35% of neck pain sufferers would improve ergonomics.**

Health Impact

- ⦿ **65%** reported that neck pain affected their daily life.
- ⦿ **73% reported neck pain has not completely resolved; causing ongoing issues or is prone to reinjury.**
- ⦿ Top adverse effects: Irritability (24%), Sleep interference (23%), Difficulty concentrating (20%), Sleep deprivation (16%).
- ⦿ **Women were:**
 - **Twice as likely to experience severe, debilitating neck pain** than men with the majority experiencing mild neck pain.
 - **75% more likely** to develop chronic neck pain.
 - **43% more impacted** by productivity loss.
 - **41% more likely** to report mental health impacts.

Pain Management & Behaviour Change

- ⦿ **Top Management Actions:** Over-the-counter medication (24%), Visiting a GP (23%), Reducing device use or changing device habits
- ⦿ **Lifestyle Changes:** Neck pain sufferers would consider improving posture (**66%**); exercising/stretching more (**63%**) and taking regular breaks from devices (**50%**).

Tech Use & Posture Insights

- ⦿ Women are more affected by device-related neck pain across all devices than men: **Smartphones**: +13% (68% vs 60%), **Tablets**: +14% (71% vs 62%), **Laptops**: +14% (68% vs 59%) and **Gaming consoles**: +26% (83% vs 65%)
- ⦿ Users who bent their neck to look down were **24% more likely** to experience neck pain than those who held their device at eye level.
- ⦿ **Only 37.5%** of users held their phone at eye level, though this had the lowest pain prevalence (64%).
- ⦿ **USER BREAKS & STRETCHING:**
 - **Smartphones**: **80% of device users who rarely take breaks whilst using their device suffer neck pain compared to 60% of users who took regular breaks.** For women, 85% who never take breaks suffer neck pain compared to 61% of women who do take breaks.
 - **GAMERS**: Male gamers who had regular breaks reported 33% less neck pain than gamers who never took breaks.

Workplace & Lifestyle Trends

- ⦿ **Sedentary female workers experienced the highest rate of neck pain and were 22% more likely to experience neck pain than men** (71.7% v 59%).
- ⦿ Workers involved in repetitive movements or pulling/pushing tasks reported the highest incidence of neck pain, with 71% affected in both categories.
- ⦿ Active workers reported the lowest prevalence of neck pain (61%).
- ⦿ Female workers were more likely to use non-ergonomic setups and reported more neck pain.
- ⦿ 71% of full-time students reported neck pain with female students 63% more likely to experience neck pain than male students (81.8% v 50%).
- ⦿ Shift workers (71%) reported higher neck pain prevalence than day workers.
- ⦿ **Industries with the highest prevalence of neck pain** include Media & Arts (90%), Healthcare (80%), Students (80%), and IT—particularly among women, where prevalence reaches 83%.
- ⦿ **Working Position:**
 - Female workers who do a daily combination of 'seated and standing' work were 46% more likely to experience neck pain than their male colleagues (67.7% v 47%).
 - Women who engage in physical work were 20% more likely to experience neck pain than male coworkers (71.2% v 59.5%).

Chiropractic Healthcare: Key Insights

- ⦿ **37% of all respondents** and **44% of neck pain sufferers** had consulted a chiropractor.
- ⦿ **76.9%** of all chiropractic patients reported some level of relief.
- ⦿ Among those who saw a chiropractor specifically for neck pain:
 - **79%** experienced improvement.
 - **31%** reported significant improvement.
 - **11%** said their neck pain was completely resolved.
 - **19%** noted their pain returns with triggers or without regular care.
 - **17%** reported partial resolution.
 - **9.5%** saw minimal improvement.
- ⦿ **73% of neck pain sufferers** had consulted a chiropractor for their condition.
- ⦿ **Gender outcomes: 75% of women and 77.5% of men** reported relief from chiropractic healthcare.

COVID-19 & Tech Neck

Since the COVID-19 pandemic, ACA chiropractors have reported a noticeable rise in Tech Neck cases across all age groups, **with teens and children the most affected:**

- ⦿ **Overall patients:** 24% of chiropractors saw a **significant increase** in Tech Neck presentations. 28% reported a **moderate increase**, while 20% saw **no change**.
- ⦿ **Teens:** 34% reported a **significant increase** in teen Tech Neck cases and 27% saw a **moderate increase**.
- ⦿ **Children:** 29% reported a **significant increase**, with another 25% noting a **moderate increase**.
- ⦿ **Adults:** Only 18% reported a **significant increase** in adult cases, though 33% still noted a **moderate rise**.

TECH NECK FACTS AND STATS

- ⦿ Tech neck is a musculoskeletal condition.
- ⦿ 1 in 5 Australians experience Neck Pain.
- ⦿ Musculoskeletal conditions account for the greatest proportion of persistent pain conditions (WHO, 2019).
- ⦿ Overuse of mobile phones can lead to developing “tech neck”.
- ⦿ Incorrect computer and laptop use can lead to developing “tech neck”.
- ⦿ Mobile phone and computer-related spinal health issues include increased neck and shoulder stiffness, headaches caused by poor ergonomic workspaces and poor posture.
- ⦿ Looking down at smartphones can lead to tech neck. This can be improved by holding the phone at eye level.
- ⦿ Implementing positive spinal health habits when using computers and laptops includes using an ergonomic office chair, adjusting laptops to eye level; and positioning knees slightly below the hips when sitting to help prevent spinal injuries including tech neck.
- ⦿ An effective exercise program designed to improve spinal health and stabilise core muscle groups will assist in preventing musculoskeletal disorders.
- ⦿ Opioids such as oxycodone should not be recommended for acute neck or low back pain as they have a limited role in management of acute low back pain or neck pain.
- ⦿ For drug-free pain relief from neck and back pain, consult an ACA chiropractor to effectively treat musculoskeletal conditions including tech neck and other neck problems.
- ⦿ ACA Chiropractors offer a drug-free, “healing-hands” approach to spinal healthcare using a range of specialised non-surgical techniques including specific spinal adjustments, manual therapy and low-force intervention.
- ⦿ Visit spinalhealthweek.org.au for more information and to Consult A Chiro.

MUSCULOSKELETAL DISORDERS

Health Direct – Government Health – Neck Pain healthdirect.gov.au/neck-pain

- ⦿ Neck pain is a common condition that can be caused by many different things, affecting most people at some point in life.
- ⦿ Prolonged mobile phone use can increase pressure on the discs and ligaments between the cervical vertebrae due to persistent forward head positioning which can lead to the development of neck pain
- ⦿ Non-ergonomic posture habits formed due to long-term mobile phone use and incorrect ergonomic computer use can contribute to increased neck pain and headaches. Common causes of neck pain include:
 - ⦿ poor posture
 - ⦿ prolonged use of a mobile phone – looking down and bending the neck
 - ⦿ prolonged use of a computer particularly when not ergonomically set up correctly
 - ⦿ sleeping with too many pillows
 - ⦿ tension in the muscles – may be stress-related
 - ⦿ injury such as a muscle strain
 - ⦿ wear and tear in the bones of the neck (cervical spondylosis)

What are musculoskeletal disorders (MSDs)?

- ⦿ The model Work Health and Safety Regulations define musculoskeletal disorders (MSDs) as ‘an injury to, or disease of, the musculoskeletal system, whether occurring suddenly or over time’.
- ⦿ A ‘disorder’ implies a condition that has multiple factors acting together to cause the disorder.
- ⦿ MSDs are a wide range of inflammatory and degenerative conditions affecting the muscles, tendons, ligaments, joints, peripheral nerves and supporting blood vessels (Oakman, Clune & Stuckey, 2019).
- ⦿ WMSDs often develop from exposure to more than one workplace hazard and do not always fit neatly into an ‘injury’ or ‘disease’ category.
- ⦿ This group of disorders includes repetitive strain injuries, occupational overuse syndrome, back injury, osteoarthritis, backache, sciatica, slipped disc, carpal tunnel syndrome’ and tendinitis, among others.

The rising cost of musculoskeletal disorders in Australia

In addition to the personal cost to sufferers of back pain, the rising cost of musculoskeletal disorders (MSDs) in Australia (including back pain) makes a case for why there needs to be a proactive, strategic response.

- ⦿ \$55.1 billion cost to the economy, including direct health costs, lost productivity and reduced quality of life.
- ⦿ 6.1 million Australians are already affected, of which 58% are of working age in peak income earning years (25-64 years).
- ⦿ 43% growth in musculoskeletal cases is projected over the next two decades, including a surge in older Australians living with the conditions.

The health burden of musculoskeletal disorders including tech neck on Australians

- ⦿ MSDs cost the Australian economy \$55.1 billion in direct health costs, lost productivity and reduced quality of life (MA, 2020-21).
- ⦿ Neck and back pain are usually the result of a musculoskeletal disorder (MSD).
- ⦿ MSDs account for the greatest proportion of persistent pain conditions (WHO, 2019).
- ⦿ Almost 1 in 3 (29%) Australians had a musculoskeletal disorder in 2017-18, around 7 million people according to the Australian Institute of Health and Welfare (AIHW, 2019).
- ⦿ MSDs are the second largest contributor to disability worldwide, with low back pain being the single leading cause of disability globally (MA, 2020-2021).

Around 7 million Australians had a musculoskeletal disorder in 2017-18

According to Musculoskeletal Australia (2020-21), the health, social and economic burden of musculoskeletal disorders (MSDs) including back pain in Australia are extensive.

- ⦿ MSDs are the second largest contributor to disability worldwide, with low back pain being the single leading cause of disability globally.
- ⦿ The greatest proportion of persistent pain conditions is accounted for by MSDs (WHO, 2019).
- ⦿ Almost 1 in 3 (29%) Australians had a musculoskeletal disorder in 2017-18, around 7 million people - Australian Institute of Health and Welfare (AIHW, 2019).
- ⦿ 1 in 5 experience neck pain
- ⦿ MSDs and injuries are not just conditions of older age.
- ⦿ MSDs significantly limit mobility and dexterity, leading to early retirement from work, reduced socio-economic circumstances and reduced ability to participate in social roles.
- ⦿ AIHW data show that almost 4 in 5 (79%) people with arthritis and 2 in 3 (65%) people with back pain and back problems had at least 1 other chronic condition.
- ⦿ MSDs are often linked with depression with one in five Australians with arthritis experiencing high or very high levels of psychological distress (AIHW, 2019).

World Health Organisation - Musculoskeletal health including neck: July 2022

- ⦿ Approximately 222 million people suffer from neck pain globally.
- ⦿ Approximately 1.71 billion people have musculoskeletal conditions worldwide.
- ⦿ Musculoskeletal conditions are the leading contributor to disability worldwide.
- ⦿ Musculoskeletal conditions significantly limit mobility and dexterity, leading to early retirement from work, lower levels of well-being and reduced ability to participate in society.
- ⦿ Because of population growth and ageing, the number of people living with musculoskeletal conditions and associated functional limitations, is rapidly increasing.
- ⦿ Musculoskeletal conditions are relevant across the life-course – from childhood to older age.
- ⦿ Musculoskeletal conditions include conditions that affect joints, bones, muscles and multiple body areas or systems, such as regional (e.g. back and neck pain).
- ⦿ Musculoskeletal conditions are the highest contributor to the global need for rehabilitation and among the largest contributors to the need for rehabilitation.
- ⦿ People with musculoskeletal conditions are also at higher risk to develop mental health issues.
- ⦿ The prevalence of musculoskeletal conditions increases with age, however younger people are also affected, often during their peak income-earning years.
- ⦿ The societal impact of early retirement in terms of direct health-care costs and indirect costs (i.e. work absenteeism or productivity loss) is enormous.

World Health Organisation: <https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>

GUIDELINES FOR SCREEN TIME

The Australian Institute of Family Studies - AUG 2021

Too much time on screens? Screen time effects and guidelines for children and young people

According to the Australian Institute of Family Studies, in Australia, screen time spent on TV, e-games, digital tablets and smartphones is a regular part of children and young people's lives. Parents report that excessive screen time is the top health concern they have for their children, and they are worried that their children spend too much time on electronic devices.

- ⦿ Most Australian children spend more time on screens than is recommended.
- ⦿ Estimates from primary research suggest only 17–23% of preschoolers and 15% of 5–12 year olds meet screen-time guidelines.
- ⦿ Screen time has also been shown to increase between the ages of 10 and 14, especially among boys.
- ⦿ The types of screen-time that increased was electronic gaming for boys and TV, computer use and social networking for girls.

The AIFS provides guidelines for parents to keep children active. Developed from systematic reviews of the evidence about the effects of physical activity, sleep and sedentary time (including screen time) on children's development, health and wellbeing; for screen time the guidelines recommend:

- ⦿ no screen time for children younger than two years
- ⦿ no more than one hour per day for children aged 2–5 years
- ⦿ no more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

Australian Institute of Family Studies - aifs.gov.au/resources/short-articles/too-much-time-screens Anagha Joshi, Trina Hinkley

BMC PUBLIC HEALTH: Home-based screen time behaviours amongst youth and their parents: familial typologies and their modifiable correlates - 2020

"Home-based screen time behaviors amongst youth and their parents: familial typologies and their modifiable correlates", reported excessive screen time behaviors performed by children and parents at home as a major public health concern. The findings noted screen time in the home can be influenced by the home environment, parental behaviours and role modelling, child preferences as well as school policies.

Arundell, L., Parker, K., Timperio, A. *et al.* Home-based screen time behaviors amongst youth and their parents: familial typologies and their modifiable correlates. *BMC Public Health* 20, 1492 (2020). bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-020-09581-w

PHYSICAL ACTIVITY & EXERCISE GUIDELINES FOR AUSTRALIANS

Australian Government – Department of Health and Aged Care

Reducing screen time can promote physical activity. Australia's physical activity and sedentary behaviour guidelines outline how much physical activity people should do, the importance of reducing the time spent sitting or lying down, and how much sleep children and young people should get.

Australia's physical activity guidelines were developed based on:

- ⦿ a rigorous review of scientific evidence from around the world
- ⦿ extensive consultation with stakeholders, state and territory governments, and national and international experts.

How health is directly affected was examined including by:

- ⦿ the physical activity people do – including the amount, frequency, intensity and type of activity
- ⦿ the amount of time people spend sitting or lying down
- ⦿ the amount and quality of sleep children and young people get

<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

DIGITAL DEVICE USE IN AUSTRALIA

DIGITAL 2024: AUSTRALIA Report By Meltwater & We Are Social datareportal.com/reports/digital-2024-australia

- 33.59 million mobile phone connections
- Internet Users: 25.21 million or 94.9% of Australian population
- Social Media: 20.8 millions social media users – 78.3% of population

STATISTA – Smartphones - Statistics & Facts – June 2024

- The smartphone industry has been steadily developing and growing since 2008
- In 2023 there were an estimated 7 billion smartphone subscriptions globally – by 2028 it is expected to reach 8 billion and in 2025 7.4 billion.
- Australia's smartphone market has also undergone rapid growth. Most mobile phone users in Australia are already using smartphones and the smartphone penetration is expected to reach 87 percent by 2026.
- Only **3% of Australian internet users aged 16-64** don't have smartphones - that's barely 756,300 people.

www.statista.com/statistics/330695/number-of-smartphone-users-worldwide/ | www.statista.com/topics/4605/smartphone-market-in-australia/

REDSEARCH

AUSTRALIAN MOBILE PHONE STATISTICS – NOV 2024 - www.redsearch.com.au/resources/australian-mobile-statistics/

- Smartphone users in Australia will reach 23.6mill by 2026**
- The percentage of Australian smartphone users who say they connect to the internet over 5 times a day (53%) and over 15 times a day (20%) supports this data
- Australian Internet surfers spend an **average of 6.8 hours a day** browsing online using various devices. 55% of Australian web surfers prefer using mobile devices over laptops or desktops to go online.
- A **Deloitte survey** shows approximately **90% of Australians own a mobile device** and use smartphones for 3hrs daily to play, work, and interact with friends and family.
- 46% of Australian children aged 6-13 own or have access to a mobile device**

AUSTRALIAN DESKTOP PC STATISTICS 2022 <https://www.redsearch.com.au/resources/australian-desktop-pc-statistics/>

- The computer user statistics in Australia reported by the **Australian Communications and Media Authority (ACMA)** showed that desktop computers are still widely used among adults.
- The most common adverse effects of using desktop computers are posture-related injuries that both children and adults will suffer. These injuries and conditions include:
 - Back and neck pain
 - Headaches
 - Shoulder and arm pain
 - Reduced circulation of blood to vital body parts, e.g. muscles, bones, tendons, ligaments

CHIROPRACTIC HEALTHCARE IN AUSTRALIA

Key Facts:

- Australian educated chiropractors share a common university education pathway with physiotherapists and osteopaths requiring undergraduate and/or masters-level university training over five years.
- Chiropractors are not only trained to treat musculoskeletal pain; chiropractors are also trained to facilitate health promotion and lifestyle advice, rehabilitation and patient education in health and wellbeing.
- All chiropractors must be registered with the national Chiropractic Board of Australia and meet the Board's registration standards in order to practice in Australia.
- All Australian registered chiropractors complete mandatory continuing education annually to maintain registration and practice as a non-pharmacological, non-surgical spine care and musculoskeletal-allied healthcare professional.
- Australian chiropractors conduct over 400,000 consultations each week.
- Chiropractors play an important role in the spinal health of everyday Australians by using a range of non-surgical techniques including specific spinal adjustments, manual therapy and low-force intervention.
- Chiropractors offer a drug-free, hands-on approach to spinal healthcare.
- Growing evidence supports early referral and assessment of patients experiencing musculoskeletal pain to an appropriately qualified musculoskeletal clinician such as a chiropractor.
- Chiropractors use a patient centred, multi-modal model of healthcare to provide a therapeutic approach incorporating a range of manual therapies to treat a range of musculoskeletal conditions.

Chiropractors are 5-year university educated healthcare professionals

- Chiropractors are university degree qualified healthcare professionals who undergo five years of university study encompassing a double bachelor's degree that covers a breadth of health subjects including anatomy, physiology, radiology, diagnostic techniques, and clinical training.
- Chiropractic clinical training requires over 1,600 hours, including clinical placement treating hundreds of patients under the expert supervision of registered chiropractic healthcare professionals.
- Chiropractors are recognised as primary healthcare service providers certified to diagnose and treat health ailments. With a primary focus on musculoskeletal health, often they can be the first point of contact within the healthcare system when a person encounters a musculoskeletal problem.
- Chiropractors offer a drug-free, hands-on approach to spinal healthcare with growing evidence supporting early referral and assessment of patients experiencing musculoskeletal pain to an appropriately qualified musculoskeletal clinician such as a chiropractor.
- Chiropractors use a patient-centred, multi-modal model of healthcare to provide a therapeutic approach incorporating a range of manual therapies to treat a range of MSDs including back pain.

Chiropractors are registered to practice and regulated under Australian law

- Chiropractors are required to register with the Chiropractic Board of Australia under the Health Practitioner Regulation National Law. Board members are appointed by the Australian Workforce Ministerial Council. The Board's role is to regulate chiropractors in Australia under the National Registration and Accreditation Scheme with chiropractors one of 15 health professions in the National Scheme.
- As is the case for all healthcare service providers, Australian chiropractors are also regulated by the Federal Government's Australian Health Practitioner Regulation Agency (Ahpra) to ensure public trust and confidence in all health practitioners. Chiropractors are one of 14 health professions regulated by Ahpra including medical practitioners, nurses, pharmacists, paramedics, physiotherapists, psychologists, and dentists.
- All Australian registered chiropractors complete mandatory continuing education annually to maintain registration and practice as a non-pharmacological, non-surgical spine care and musculoskeletal-allied healthcare professional.

ACA MEDIA SPOKESPERSONS - NATIONAL & ALL STATES & TERRITORIES

Dr Billy Chow – President, Australian Chiropractors Association – National & South Australia

ACA President, Dr Billy Chow graduated as a chiropractor from RMIT University in 1998. Since graduating he has had a varied and enriching career in private practice, on boards and in business. Dr Chow is passionate about educating and inspiring people to make better choices and to live happier and healthier lives. Dr Chow is a lecturer at the Australian Chiropractic College, Adelaide and has a healthcare business consultancy where he provides healthcare practitioners with personalised business support and mentorship.

Dr David Cahill – Vice President, National & Victoria

ACA Vice President, Dr David Cahill has been a registered, practicing chiropractor since 1991, in the Malvern East area of Melbourne since 1998. He loves helping people of all ages, from newborn babies and toddlers to those in their more senior years. David is very active in post-graduate education, continually upskilling in many aspects of chiropractic. David's passion is to help people have transformative experiences, enabling them to do more of what they love.

Dr Damian Kristof – National & Victoria

Nutritionist, Naturopath and Chiropractor, Dr Damian Kristof is a highly sought-after presenter and speaker in the Wellness industry. With over 20 years of experience, Damian's in-depth knowledge of the body, nervous system, food functions and responses coupled with his friendly and dynamic presenting style, has him in high demand. Focusing on food as key to unlocking optimal health and wellness, Damian presents in-depth facts and concepts that have never been readily available to the public - offering all audiences from industry experts to the general public highly valuable content as he engages, educates and inspires audiences across the globe.

Dr Anthony Coxon – National & Victoria

Dr Anthony Coxon is a caring and respected chiropractor with 30 years' experience. In 2009, he completed Post Doctorate studies in Chiropractic Neurorehabilitation. This additional qualification gives Anthony skills in dealing with more complex cases, particularly patients that experience balance disorders and dizziness. He is the current Vice President of the Australian Chiropractors Association (ACA). In addition to running a busy practice, Anthony has also appeared on countless print, radio and television media spots including 'A Current Affair', 'Today Tonight', the 'Today Show' and the Evening news on all commercial television stations. Anthony sees daily how chiropractic care and a healthy lifestyle can bring vitality and wellbeing to his patients.

Dr Ashley Dent – Tasmania

Dr Dent graduated from Macquarie University in Sydney in 2010 where he was awarded the Ed Devereaux Award for Services to the Student Body. He is active within the Australian Chiropractors Association at a state and national level chairing the public engagement committee and being a member of two other committees. He volunteers his time with St Vincent de Paul to bring chiropractic care to the homeless and vulnerable in Hobart. Dr Dent has a keen passion for helping people improve their long standing (chronic) back and neck pain and then progressing their spinal health through exercise and rehabilitation so that they are stronger and healthier than they've ever been.

Dr Kim Lie Jom – NSW

Dr Kim Lie Jom has been a registered and practicing chiropractor in NSW for the past 30 years. His commitment to the well-being of his patients extends beyond the chiropractic adjustments, as he understands the importance of holistic health for every individual. With a family of three kids of his own, he truly comprehends the value of family wellness. As a respected community leader, Dr Jom has become an integral part of the local community. His reputation extends not only for his exceptional chiropractic skills but also for his dedication to community service. He is a proud member of the Australian Chiropractors Association (ACA), showcasing his commitment to the highest standards of professional practice. His involvement in the ACA goes beyond membership – he currently holds several key positions within the organisation, including Public Education, Audit and Risk, the Eastern Regional Committee. He is a dedicated member of the Australian Spinal Research Foundation (ASRF), demonstrating his commitment to advancing chiropractic knowledge and contributing to research in the field. Dr Jom's prominence in the chiropractic community is exemplified by his passion, dedication, and leadership in promoting health and wellbeing for individuals and families alike.

Dr Michelle Ronan – Victoria

Michelle has been a registered chiropractor since graduating from RMIT in 2005 and has practiced in the Albert Park area since 2010. Michelle's passion lies in helping people's bodies perform better to allow them to get more out of life, whether that be to enhance sports performance, rehabilitation of chronic conditions, during pregnancy or to support general health and wellbeing. Michelle loves helping people of all ages and stages of life on their health journey. Michelle previously sat on the Victorian branch of the CAA (now the Australian Chiropractors Association), and is currently completing a Masters through RMIT.

Dr Adam Smith – Queensland

Dr Adam Smith (Chiropractor) has more than 20 years' experience in family-based chiropractic care. He has experience working in many communities around Australia and internationally, including regularly serving on committees that guide health policy on a state and Australian federal level, as well as in the UK. With a special interest in family health and wellness, Dr Adam works with local community groups, charities, workplaces and schools to improve access to chiropractic care for those who want it. He believes that all Australians should have access to quality chiropractic services, so he is currently working with a group that is expanding chiropractic access in regional and rural areas of Australia across six states and territories.

Dr Joshua Tymms – Western Australia

Dr Joshua Tymms is a registered chiropractor with nearly two decades of clinical experience, graduating from Murdoch University with a double degree in 2006. He has worked with many elite-level athletes throughout his career and remains passionate about advancing spinal health. Josh is currently completing a double Masters degree in Public Health and Business Administration to strengthen his skills in health leadership, research, and advocacy. He serves as Vice President of the Advanced Bio-Structural Correction Australasia (ABCA) Board, leading efforts to grow the research base supporting spinal health interventions. Josh has held various leadership roles within the Australian Chiropractors Association over the past decade, advocating strongly for the profession and its future. He remains committed to helping communities live healthier, more active lives through chiropractic care.

Dr Ali Young – Western Australia

Dr Ali Young is a Chiropractor with over 20 years' experience working specifically with families, children and women. She has owned practices and worked in both Western Australia and Queensland, and loves taking care of those children that love that extra jolt of frivolity, playfulness and joy in their healthcare. She is an advocate for Working Mothers, with her book, *Work. Mama. Life* widely received upon its publication in 2022. She is a mother of two and now works with women in her Holistic Health Business space, combining these two great loves with her chiropractic work. She is a sought-after speaker, MC, and strategist for working mothers in the allied health space who both own businesses and want to live large whilst avoiding burnout. She has written for most major newspapers around Australia, has a podcast "Work Mama Life" with nearly 20,000 downloads, and provides support in the online space for women and mothers. She has been a chiropractic patient since she was 15 years old and thinks there is no greater gift that providing the support families need to allow their health to shine.

REFERENCES

- Australian Institute of Health and Welfare: https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/back-problems#common_back
- BETTER HEALTH VICTORIA: Posture-related injuries from computer use <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/posture>
- Chen YJ, Hu CY, Wu WT, Lee RP, Peng CH, Yao TK, Chang CM, Chen HW, Yeh KT. **Association of smartphone overuse and neck pain: a systematic review and meta-analysis.** Postgrad Med J. 2025 Jan 7;:qgae200. doi: 10.1093/postmj/qgae200. Epub ahead of print. PMID: 39764644. <https://pubmed.ncbi.nlm.nih.gov/39764644/>
- Comcare – Australian Government - Laptops and Devices - www.comcare.gov.au/office-safety-tool/spaces/work-areas/laptops-devices
- Elvan, A., Cevik, S., Vatansever, K. *et al.* **The association between mobile phone usage duration, neck muscle endurance, and neck pain among university students.** *Sci Rep* 14, 20116 (2024). <https://www.nature.com/articles/s41598-024-71153-4>
- Health direct – Government Health: <https://www.healthdirect.gov.au/back-injuries#searchGeneralResults>
- Healthy Living – Everyday Health: ‘How to beat tech neck — And why it’s so bad for your health’ <https://www.everydayhealth.com/wellness/how-to-beat-tech-neck-and-why-its-so-bad-for-your-health/>
- Jones CMP, Day RO, Koes BW, Latimer J, Maher CG, McLachlan AJ, Billot L, Shan S, Lin CC; OPAL Investigators Coordinators. **Opioid analgesia for acute low back pain and neck pain** (the OPAL trial): a randomised placebo-controlled trial. *Lancet*. 2023 Jul 22;402(10398):304-312. doi: 10.1016/S0140-6736(23)00404-X. Epub 2023 Jun 28. Erratum in: *Lancet*. 2023 Aug 19;402(10402):612. doi: 10.1016/S0140-6736(23)01681-1. PMID: 37392748. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)00404-X/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)00404-X/abstract)
- Kassem El Shunnar, Mahmoud Afeef Nisah, Zeina H. Kalaji, **The impact of excessive use of smart portable devices on neck pain and associated musculoskeletal symptoms.** Prospective questionnaire-based study and review of literature, *Interdisciplinary Neurosurgery*, Volume 36, 2024, 101952, ISSN 2214-7519, <https://www.sciencedirect.com/science/article/pii/S2214751923002359>
- Maayah MF, Nawasreh ZH, Gaowgzeh RAM, Neamatallah Z, Alfawaz SS, Alabasi UM (2023) **Neck pain associated with smartphone usage among university students.** *PLoS ONE* 18(6): e0285451. <https://pubmed.ncbi.nlm.nih.gov/37352232/>
- Meltwater & We Are Social - **DIGITAL 2024: AUSTRALIA** <https://datareportal.com/reports/digital-2024-australia>
- Musculoskeletal Australia - **The rising cost of musculoskeletal conditions** - <https://muscha.org/a-problem-worth-solving/> & Report <https://move.odoo.inspiredsoftware.com.au/web/content/2911?unique=7ac35d9a3824b3e0f9d97d125fba8647685db779&download=true>
- Musculoskeletal Australia - The rising cost of musculoskeletal conditions: <https://msk.org.au/a-problem-worth-solving/#:~:text=This%20groundbreaking%20report%20details%20the,and%20reduced%20quality%20of%20life>
- Musculoskeletal Australia 2020–21 Pre-budget Submission - https://treasury.gov.au/sites/default/files/2020-09/115786_MUSCULOSKELETAL_AUSTRALIA.pdf
- Piruta J, Kutak W. **Physiotherapy in Text Neck Syndrome: A Scoping Review of Current Evidence and Future Directions.** *J Clin Med*. 2025 Feb 19;14(4):1386. doi: 10.3390/jcm14041386. PMID: 40004916; PMCID: PMC11856789. <https://pubmed.ncbi.nlm.nih.gov/40004916/>
- REDSEARCH – **Australian Mobile Phone Statistics** – NOV 2024 www.redsearch.com.au/resources/australian-mobile-statistics/
- **REDSEARCH - Australian Desktop PC Statistics 2022** <https://www.redsearch.com.au/resources/australian-desktop-pc-statistics/>
- The Royal Australian College of General Practitioners **OPIOIDS INEFFECTIVE FOR ACUTE LOW BACK OR NECK PAIN:** University of Sydney - 29 Jun 2023 <https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pai>
- STATISTA – **Smartphones - Statistics & Facts** – June 2024 www.statista.com/statistics/330695/number-of-smartphone-users-worldwide/ www.statista.com/topics/4605/smartphone-market-in-australia/
- Tsantili AR, Chrysikos D, Troupis T. **Text Neck Syndrome: Disentangling a New Epidemic.** *Acta Med Acad*. 2022 Aug;51(2):123-127. doi: 10.5644/ama2006-124.380. PMID: 36318004; PMCID: PMC9982850. *International Journal of Environmental Research and Public Health* <https://pmc.ncbi.nlm.nih.gov/articles/PMC9982850/>
- University of Sydney- **Opioids ineffective for acute low back or neck pain: Study:** <https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pai#:~:text=and%20neck%20pain,-,Opioids%20are%20the%20one%20of%20the%20most%20prescribed%20pain%2Drelief,prescribed%20opioids%20such%20as%20Oxycodone>
- WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings. Geneva: World Health Organization; 2023. Licence: CC BY-NC-SA 3.0 IGO. <https://www.who.int/news/item/07-12-2023-who-releases-guidelines-on-chronic-low-back-pain#:~:text=LBP%20affects%20life%20quality%20and,accumulate%20less%20wealth%20for%20retirement.>
- Work-related Musculoskeletal Disorders in Australia – 2019 - The latest research on work-related musculoskeletal disorders - J.Oakman, S. Clune and R. Stuckey: https://www.safeworkaustralia.gov.au/system/files/documents/1912/work-related_musculoskeletal_disorders_in_australia_0.pdf
- World Health Organisation: <https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>