

KEYBOARD KYPHOSIS.... has it struck you.

*Kyphosis* is not a common word and for relevance to my writing I will share with the readers a definition from Dorland's Medical Dictionary. "*Kyphosis* (ki-fo'sis) abnormally increased curvature of the *thoracic* spine as viewed from the side." Now, with that formality out of the way, let me proceed on to bring relevance out of this article.

A number of my patients earn their living hunched over a keyboard for 6 to 10 hours a day. A common problem that began to make itself painfully clear was that they seemed to have a bit of discomfort (to put it mildly) between the shoulder blades. There is a law known in the health field that the human body will conform to what we do on a regular basis.

To these patients I inform that if they were apple pickers or painters they most likely would not have the problem they are now experiencing. Since there are not that many apple orchards in our neck of the woods, and I don't think many of my patients would like to get paint on their wardrobes, I try to educate them on how to avoid the "problem" in addition to the chiropractic care I give them.

Back to that funny Greek word, *kyphosis*. *Kyphosis* happens to our mid backs when we sit in a slightly stooped over position for a long time, like what I am doing right now as I type this article. The difference between myself and that programmer, web designer, network technician, secretary, manager, ect. is that the time it takes me to type this article is probably the most I will be hovering over my keyboard all week, contrast that to 40 plus hours a week and you can see the point.

Back to the other Greek word *thoracic*. *Thoracic* is that part of your back that starts where the neck ends and goes all the way down to your low back. What makes this part of the spine unique is that each of the twelve bones/vertebrae in this section have ribs attached on either side. As that section of our back gets stressed out and begins to go forward so do the ribs, to a certain degree. When that happens not only will you have an ache in your mid back, but often you will get a sharp pain in your chest that can even mimic a heart problem. The reason being is that the same rib that attaches to your spine in the back attach to your sternum in the front. What elicits this sharp onset of pain in your chest is when you breath in quick and deep, like before you sneeze or someone tells you a good Ol' knee slapper of a joke, you laugh your head off, but your chest hurts.

This can be seen in some grandmothers. They have spent the better part of their life picking up children, then grandchildren and a lot of the things they have done in their in life was just in front of them and below their waist. So after decades of doing this they can't extend backward even if you helped them. What a sacrifice they've done.

The proverbial phase "An Ounce of Prevention is Worth a Pound of Cure" fits in nicely here. Work on your posture. Your spine was designed for two primary things protection and mobility. It is protecting something very important and that is your nervous system. Yet, in that protective bones lays 72 different joints that need mobility to keep

functioning correctly. Thus don't stay on the keyboard for more than a half hour. During your breaks you can roll your shoulders back, push your chest forward, look up far as you comfortably can and stretch.

Work on your workspace! Have your computer screen at eye level, place the keyboard level with your forearms and support your wrist. For if the wrist are not supported you could develop the dreaded carpal tunnel syndrome. Don't slouch down in your chair, but actually pull away from the back of the chair and allow the natural supportive curve to return for stability.

For brevity sake I won't share a case of the week, but give a heads on my next article. Vertigo some of the causes and natural correction of it

Any questions please call our office 303-2213.

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