

TEXT NECK INVENTORY

DO YOU HAVE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS?

1. Upper back pain - score 1
2. Headaches - score 2
3. Frequent neck pain - score 3
4. Frequent dizziness (room spins, not just light-headed) - score 2
5. Jaw pain - score 1
6. General shoulder pain and tightness - score 2
7. Tingling in the arms - score 2
8. Worn discs in the neck (you were diagnosed from x-ray or MRI) - score 3
9. Spine degeneration (you were diagnosed from x-ray) - score 2
10. Adult onset asthma (started after age 20) - score 1
11. Anxiety or depression - score 1

Score 0-4: Mild warning signs - This course should make a big difference.

Score 5-9: Moderate warning signs - This course should make a big difference.

Score 10-14: Strong indication - This course plus treatment, should be considered for best results.

Score 15-20: Treatment from a Chiropractor/Osteopath/Physio is highly recommended.

* This questionnaire is based solely on my own clinical experience and how clients present with Text Neck. This inventory is only a guide and should not be considered an accurate analysis of Text Neck, without an accompanying physical examination from a qualified healthcare practitioner.