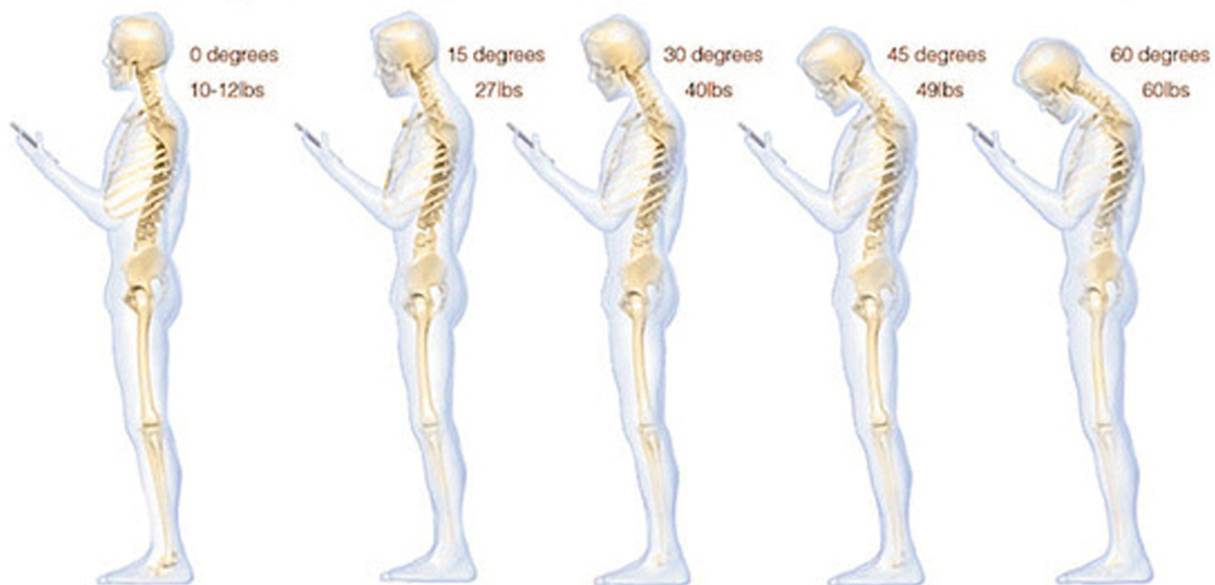
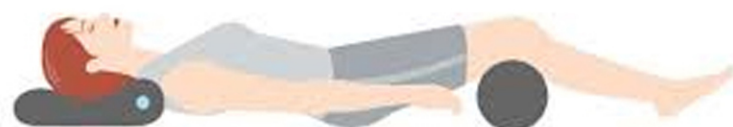
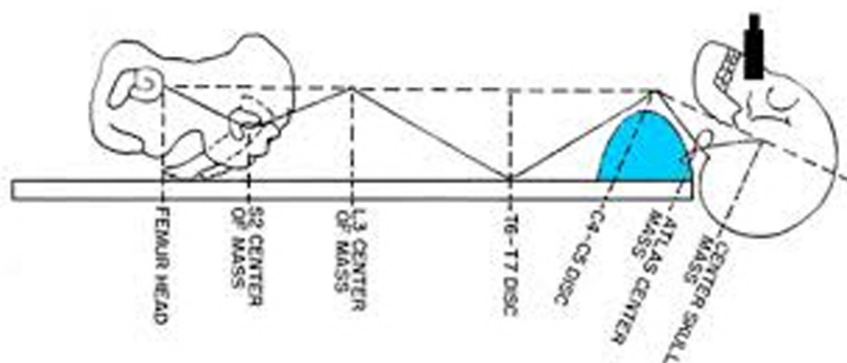


Smart Neck Posture For Smart Phones



What Texting and Smartphone Usage Does to Your Neck and Spine





Sleeping on your back is best!



Sleeping on your side is second best.



Posisi Tubuh yang Benar untuk Kesehatan Tulang Punggung

