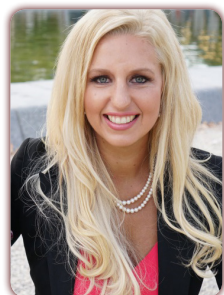


CO-ORGANIZED EVENT

International Conference on **Chronic Diseases**

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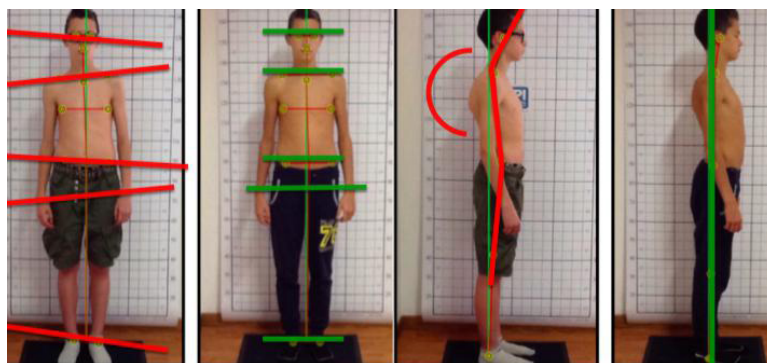


## Krista Burns

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### Prevention strategies for the development of digital dementia

Sedentary individuals with flexor dominant posture and technology over utilization are at a greater risk for developing digital dementia. Poor posture is a modern day epidemic that is affecting our society, but can be prevented with posture rehabilitation and proper posture habits. Tech neck demonstrates postural decline from a musculoskeletal perspective, and digital dementia demonstrates the decline in brain function associated with poor posture and the over utilization of technology. Patients presenting with digital dementia demonstrate common symptoms associated with dementia and physiologic changes in their brain. These patients present with sensory disassociations impacting the frontal lobe and creating developmental disorders characterized by lack of motivation and empathy, and difficulty in acquisition of skills associated with traditional forms of learning. Motor skills are compromised from physiologic changes of the motor cortex, sensory cortex, and vestibular system. The purpose of this presentation is to introduce the concept of digital dementia and to demonstrate meaningful methodology of patient care implementation for health care professionals to utilize with their patients. Participants will gain useful strategies of postural neurology that are relevant to the needs of modern day patients. This presentation will demonstrate brain based posture analysis and correction techniques as a prevention strategy for the development of tech neck and digital dementia. Sedentary individuals with flexor dominant posture can improve neurologic function with proper postural habits while engaging in technology utilization. Recommendations are made for brain based postural correction strategies.



**Figure 1:** Example of flexor dominant posture pre and post intervention. Images with the red lines demonstrate the patient before the intervention, and images with the green lines demonstrate the patient's posture post intervention.

### Biography

Krista Burns completed her PhD in Health Administration with emphasis on Global Health Policy. She is Doctor of Chiropractic, and Postural Neurologist. She has participated in over 1000 hours of advanced education in Posture, Neurology, and Human Physiology. She is the Co-founder of the American Posture Institute and the author of the textbook Principles of Posture.

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