

Cell phones may be causing horns to grow on our skulls

Mobile technology has transformed the way we live — how we read, work, communicate, shop and date.

But we already know this.

What we have not yet grasped is the way the tiny machines in front of us are remolding our skeletons... .

New research in biomechanics suggests that young people are developing hornlike spikes at the back of their skulls — bone spurs caused by the forward tilt of the head, which shifts weight from the spine to the muscles at the back of the head, causing bone growth in the connecting tendons and ligaments. The weight transfer that causes the buildup can be compared to the way the skin thickens into a callus as a response to pressure or abrasion.

The result is a hook or hornlike feature jutting out from the skull, just above the neck.

In academic papers, a pair of researchers at the University of the Sunshine Coast in Queensland, Australia, argues that the prevalence of the bone growth in younger adults points to shifting body posture brought about by the use of modern technology. ...

The researchers said their discovery marks the first documentation of a physiological or skeletal adaptation to the penetration of advanced technology into everyday life.

Read full, original post: [Horns are growing on young people's skulls. Phone use is to blame, research suggests.](#)