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Younger generations are growing horns in the back of their head

Up to half of all young people could be developing horn-like growths in the backs of their heads, startling Australian research suggests.



Shannon Molloy

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Video

Image



Feeling the effects of tech-neck? Whether from sitting at a desk all day or staring at a smartphone, bad posture can hav...

Younger generations seem to be developing horns in the back of their skulls due to the extended use of technology like smartphones and tablets.

Two Australian researchers made the bizarre discovery while examining hundreds of X-rays of people aged between 18 and 30, finding almost half had developed bone growths.

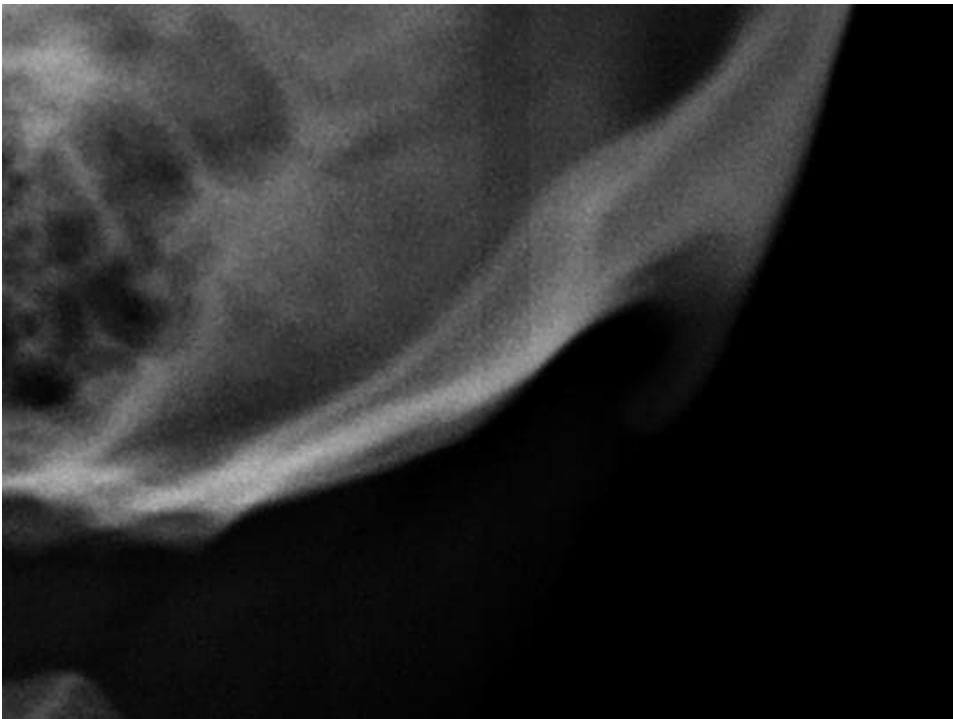
They're the kind of spurs normally seen in hunched-over elderly people who've subjected their bodies to long-term poor posture and significant stress loads on their bones.

But the presence of the "horn-like" skull growths raise serious concerns about what extended use of phones is doing to young people's bodies.

The findings by Dr David Shahar and Associate Professor Mark Sayers at The University of the Sunshine Coast flew under the radar when [they were published at the end of last year](#), two years after their initial warning about the trend.



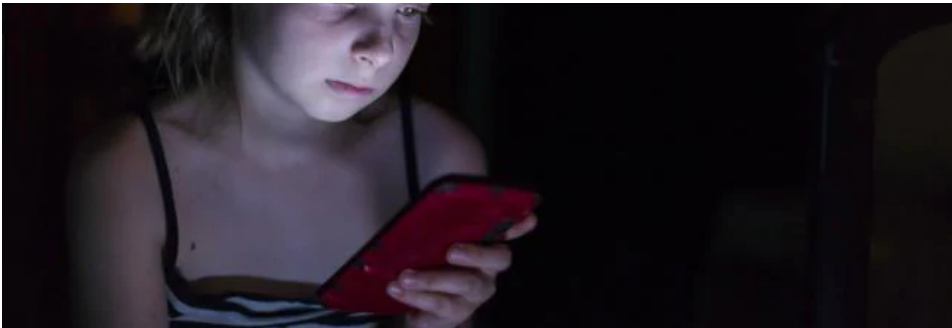
The study involved 218 X-rays of people aged between 18 and 30-years-old on the Sunshine Coast and found that 41 per cent had developed a 10 to 30 millimetre bony lump at the back of their skull. *Source:Supplied*



The horn-like growth seen protruding from the back of the head. *Source:Supplied*

Dr Shahar said the study looked at 218 X-ray images of people aged between 18 and 30 and found 41 per cent had developed a “horn-like” bony lump at the back of their heads, ranging in size from 10 millimetres to 30 millimetres.

Additional testing, including MRI scans, ruled out the possibility that the bone growths were the result of genetics or injury.



Poor posture from prolonged smartphone usage is blamed for the growths. *Source:Supplied*

These kinds of growths are typically found in older people and result from long-term stress on the skeleton and, until the advent of gadget technology, were rarely found in young people.

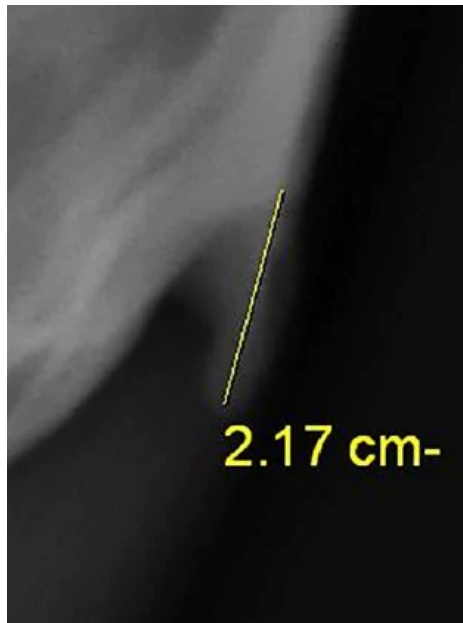
“This is evidence that musculoskeletal degenerative processes can start and progress silently from an early age,” Dr Shahar said.

“These findings were surprising because typically they take years to develop and are more likely to be seen in the ageing population.

“It is important to understand that, in most cases, bone spurs measure a few single millimetres and yet we found projections of 10 to 30 millimetres in the studied young population.”



One of the X-rays showing the horn. *Source:Supplied*



This particular growth measured more than two centimetres in length. *Source:Supplied*

The findings offer a warning about [the impact of poor posture](#), especially in young people, due to extended phone and gadget use.



The researchers are continuing to explore the impact on the body of tech use and plan to develop resources to tackle the issue in school kids. *Source:istock*

Dr Sayers and Dr Shahar continue to examine the phenomenon and plan to develop resources to help avoid the growths, particularly in school kids.

“The thing is that the bump is not the problem, the bump is a sign of sustained terrible posture, which can be corrected quite simply,” Dr Sayers said.



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