

Fixed texting posture: An alternative denomination for the Skier's posture in patients with Ankylosing Spondylitis

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CASE REPORT

Ankylosing Spondylitis (AS) is a form of arthritis that affects the spine and can lead to neck abnormalities. Posture with fixed neck flexion is usually observed in long standing cases of AS. This type of neck abnormality in AS cases is known as skier's posture [1]. A similar position is seen in healthy people when they are texting on mobile phones. In Figure 1A, a patient with long standing AS is texting using a cell phone. In Figure 1B, the same patient is looking ahead. In both situations, the posture of the patient with excessive neck flexion remains unaltered. Figure 1C shows a healthy person with excessive neck flexion during texting and in Figure 1D, he has a normal posture. The skier's posture in long standing AS (Figure 1B) is similar to the posture that healthy people assume while texting (Figure 1C).



Figure 1: (A) Patient with ankylosing spondylitis (AS) with excessive neck flexion during texting; (B) Patient with AS remains continuously with the same posture with excessive neck flexion: "fixed texting posture" (skier's posture); (C) A healthy person with excessive neck flexion during texting: "texting posture"; (D) A healthy person reassumes a normal posture after texting.

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DISCUSSION

The excessive neck flexion feature in AS patients has been classically described as the “skier’s posture” [1]. Skiing is a sport whose practice is restricted to a few regions of the world. Thus, we believe this term is problematic for educational purposes in many countries, since only few medical students, physicians and AS patients worldwide have experienced or even observed skiing. In contrast, billions of people in every country are accustomed to texting (the activity of sending or receiving text messages via mobile electronic devices). Texting activity has been reported to induce in healthy people a posture with excessive flexion of the neck [2], which is quite similar to the skier’s posture.

CONCLUSION

We suggest that the “skier’s posture” in AS patients should alternatively be termed “fixed texting posture”, in analogy with the posture with excessive neck flexion that appears in healthy people only during the texting activity.

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Camila Costa Silva – Substantial contributions to conception and design, Revising it critically for important intellectual content, Final approval of the version to be published

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Guarantor of Submission

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Written informed consent was obtained from the patient for publication of this clinical image.

Conflict of Interest

Authors declare no conflict of interest.

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