

2019년 6월 25일 키워드 스피킹 방송 / 주제: 거북목 증후군

<광고>

	<p>『구동사 편』 총 251 개의 구동사 구동사가 만들어지는 원리에 중점을 둔 설명</p>		<p>『시사이슈 편』 『키워드 스피킹』 팟캐스트 에서 다른 표현들을 소개 총 43개의 시사 이슈에 관 한 유용한 문장들</p>
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Summary

For many Koreans, “turtle neck” doesn’t mean **a type of shirt with a collar covering the whole neck**. It means a posture caused by looking at a smartphone or a computer monitor for many hours. “Forward Head Posture” is the right English expression, but Koreans call it “turtle neck syndrome”, because, **with this change in your posture you look like a turtle sticking its head out**.

According to government statistics, more than two million Koreans visited clinics for the “syndrome” last year. The number of patients is on the rise as people spend more hours of the day staring at smartphones. It may feel like a minor problem at first, but if you continue to maintain this Forward Head Posture without correcting it or getting a right treatment, **it can lead to more severe problems such as a slipped disc**. The solution is pretty simple. **First and foremost**, you are advised to spend less hours each day on computers and smartphones. When you look at your smartphone, it’s better to look downward only with your eyes **without tilting your head down too much**. **Lowering your head makes your neck bear heavier weight**.

In this era of information and technology, it’s practically impossible to stop using computers or smartphones. Trying to use your device with the right posture is the best way to prevent you from feeling, or looking like a turtle.

해석

1. a type of shirt with a collar covering the whole neck 칼라가 목 전체를 덮는 셔츠의 일종
2. with this change in your posture you look like a turtle sticking its head out 자세가 이렇게 변형되면 목을 쪽 뺀 거북이처럼 보일 수 있다
3. it can lead to more severe problems such as a slipped disc 디스크와 같은 더 심각한 문제가 생길 수 있다
4. First and foremost 다른 무엇보다 우선
5. without tilting your head down too much 고개를 너무 아래로 기울이지 말고
6. Lowering your head makes your neck bear heavier weight 고개를 숙이는 것은 목이 더 큰 무게를 감당하게 만든다

Keywords / Key Sentences

1. 마치 거북이가 고개를 내민 듯한 자세라 하여 거북목 증후군이라고 부른다. Koreans call this problem a “turtle neck syndrome”, because you will look like a turtle sticking out its head. / Forward Head Syndrome is translated to turtle neck syndrome because people who have this condition resemble a turtle whose

- head is coming out of its shell. / Koreans describe people with symptoms of Forward Head Posture (FHP) as turtle necks because their head is in a position similar to that of a turtle's head emerging from its shell.
2. 고개를 너무 숙이지 말고 시선을 약간 아래로 하는 것이 스마트폰을 보는 가장 좋은 자세다. The best posture to look at a smartphone is looking down only with your eyes, instead of lowering your head too much. / To avoid Forward Head Posture, try not to tilt your head at a downward angle, bring the smartphone up higher and look at the screen with your eyes. / Looking down with your eyes without using your neck is one way to prevent Forward Head Syndrome.
 3. 거북목은 두통이나 목 어깨 통증을 유발하며 디스크가 되기도 한다. Forward Head Posture can cause headaches, neck and shoulder pain, eventually leading to slipped discs on your neck. / There are multiple symptoms including pain and soreness around your neck. If the symptoms worsen, you may get a slipped disc in your spine. / Early warning signs of Forward Head Posture can be neck and shoulder pain. If these symptoms go untreated, it could lead to a herniated disc.
 4. 스마트폰에 빠지기 쉬운 어린이와 청소년에게서도 거북목 사례가 증가하고 있다. 이용 시간을 줄이는 것이 가장 좋은 해결책이다. Teenagers and even young children, who tend to be addicted to playing games on smartphones, have Forward Head Posture. The best solution is to reduce the hours spent on smartphone. / Younger people's bodies have not fully developed and are at greater risk of developing Forward Head Posture. These groups also have higher rates of video game addiction. The best remedy is less screen time. / Younger people are more likely to develop Forward Head Posture because their bones are still growing and they are likely to be addicted to video games.