How did they find the Horn?

Shahar and Sayers examined x-rays of 1,200 individuals aged 18 to 86 years old, who were all radiographed at the same chiropractic clinic; One half of the 18–30-year-old population was asymptomatic while the rest of the population reported mild musculoskeletal complaints some including mild neck pain but with no specific complaints concerning the very back of their head (occipital region).

Patients that recorded symptoms greater than mild in their neck were excluded.

Using the x-rays, the researchers measured the external occipital protuberance (EOP), a bony projection in the back of the human skull that anchors the top of the nuchal ligament, which terminates at the spinal process of the last cervical vertebra.

The areas where muscles, tendons, and ligaments attach to bone are called entheses. Entheses sites are inherently vulnerable to injury as the entheses encompass transitional zones, transferring force between soft and hard tissues.

What do the horns mean?

Shahar and Sayers hypothesised in their 2018 paper - https://www.nature.com/articles/s41598-018-21625-1

"that the use of modern technologies and hand-held devices may be primarily responsible for these postures and subsequent development of adaptive robust cranial features in our sample. An important question is what the future holds for the young adult populations in our study, when development of a degenerative process is evident in such an early stage of their lives?"

This hypothesis has created a lot of debate, and debate is welcome as it is crucial to furthering science.

The Dr Melissa Hayes from Living Chiropractic pointed out that this is an indicator of a bigger problem.

“Young children need to watch their posture when they are on their devices. These x-rays are obviously measurable but we also observe shoulder inequalities and forward head posture in young children”.