**Cover letter**

December, 2018

Dear Editor:

I am submitting a manuscript for consideration of publication in your respectful journal. The manuscript is entitled “The effect of prolonged time of tablet usage on postural alignment in children”.

In this manuscript, we show that prolonged sitting posture for children who use tablets can produce postural alignment changes such as forward head position, rounded shoulders and increased kyphosis with predicted other spinal changes at lumbar and pelvic regions and associated forward musculoskeletal disorders.

This manuscript has not been published and is not under consideration for publication elsewhere. We have no conflicts of interest to disclose. All authors were fully involved in the study.

Thank you very much for your consideration.

Yours Sincerely,

Lecturer. Nadia L.Radwan

Cairo University

Faculty of Physical Therapy

E-mail: nadiaradwan18@yahoo.com