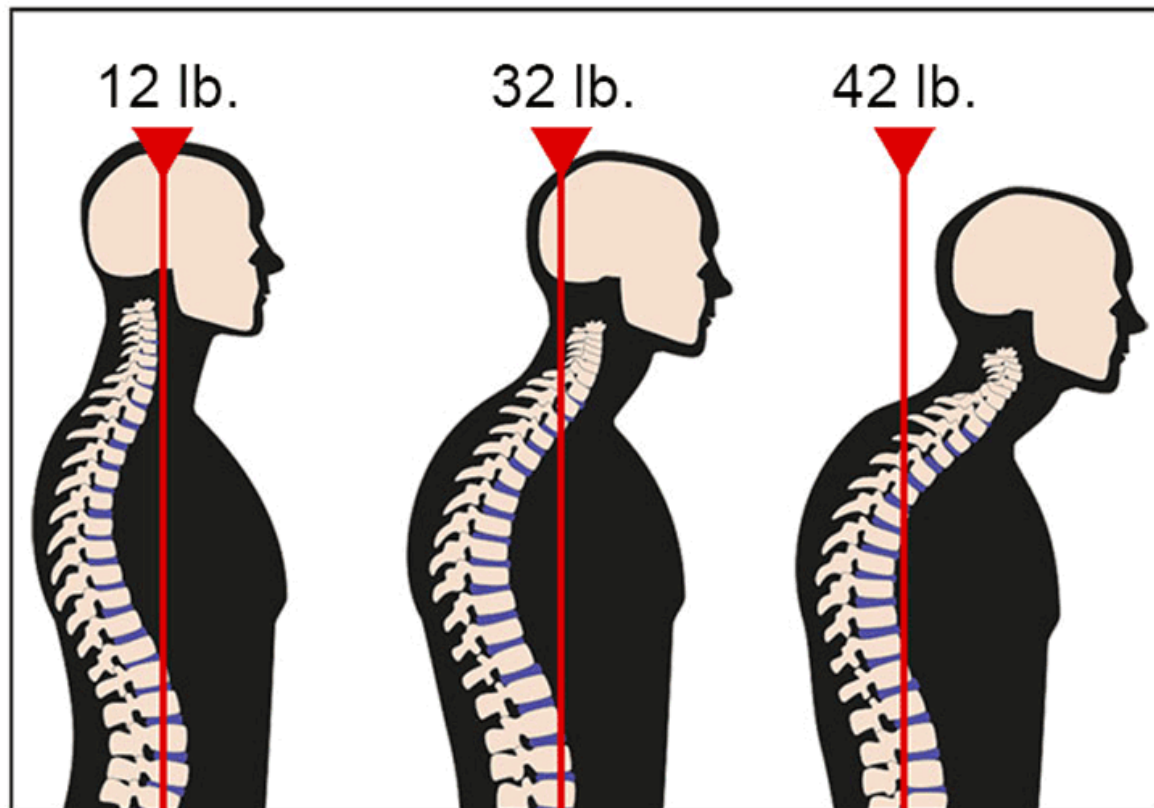


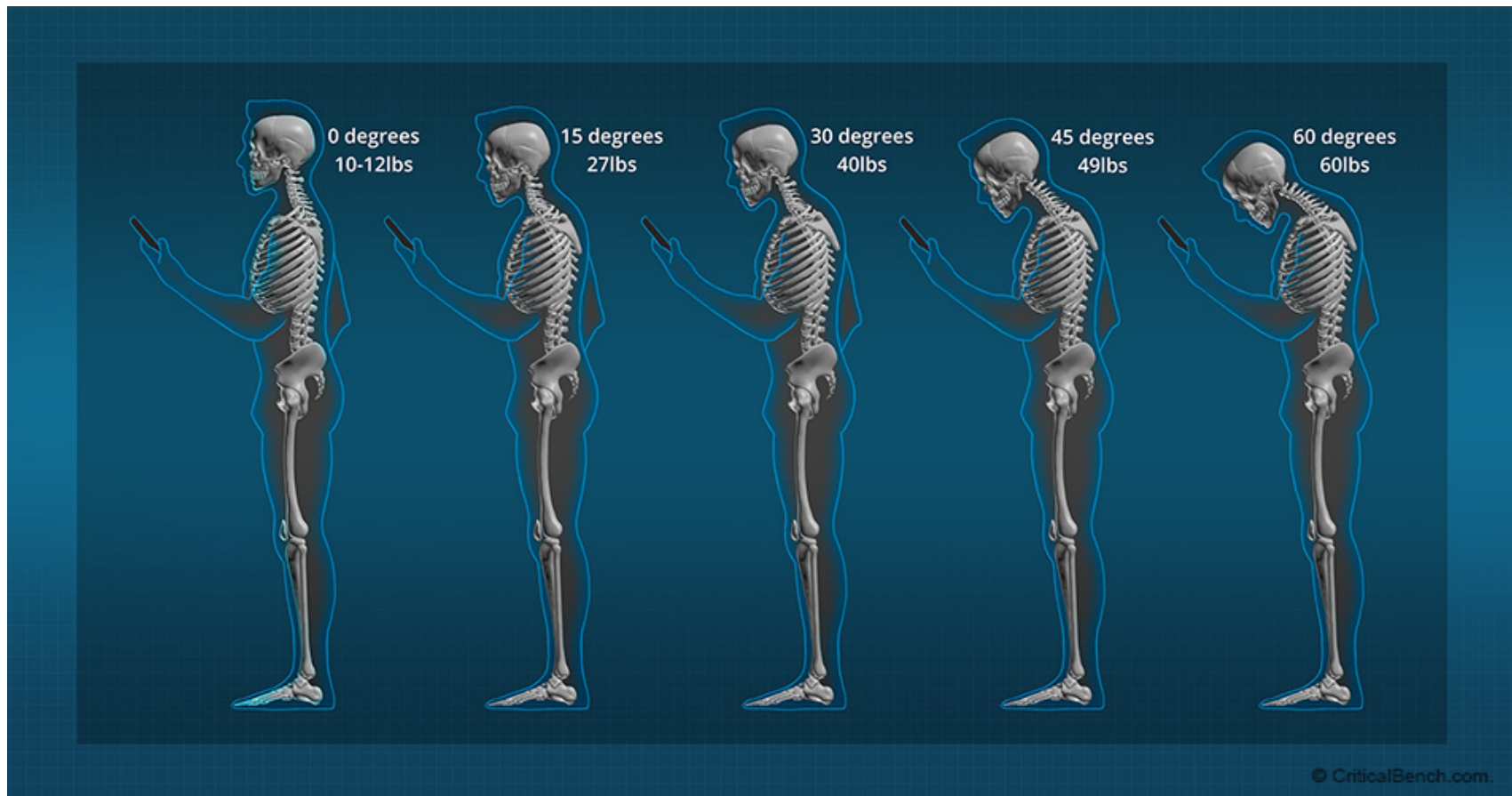
Forward head posture:

Check your postural alignment frequently throughout your day → reset yourself. Look at yourself in the mirror from the side, your ear, your shoulder and your hips should all be in a straight line down to the floor. If it is unaligned and your ear is in front of your shoulders, it's a sure sign of forward head posture. Reset your posture to its' natural alignment.

When your head is pulled forward the additional pressure on your neck, shoulders and back rises dramatically causing serious tissue damage. In fact, every inch your head is thrust forward from its natural position adds another 10 lbs of stress on the neck, shoulders, back and spine.

As a result, you may have developed that ugly 'hump' below your neck; to combat the stress of holding your head up, the body's reaction has been to build-up bone and fat tissue to compensate and protect the spine at the C7 vertebrae.





We have deeply connected muscles around the neck and back. You need to target the muscles from different directions using a combination of exercise techniques to properly strengthen and stretch them to support the head. Every minute you spend in these positions contributes to long-term pain and damage to your neck, shoulders and natural body alignment.