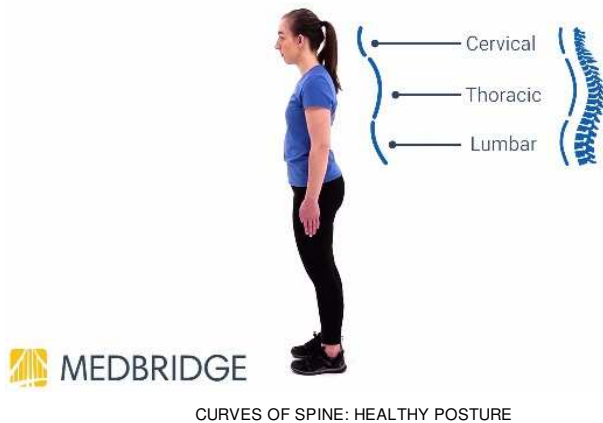
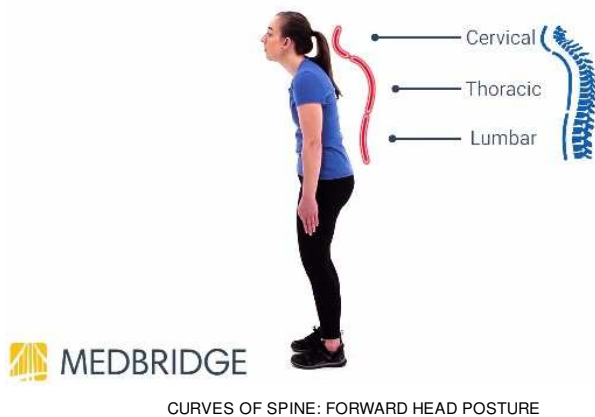


# Forward Head Posture



Posture while standing can be described by looking at the curves of the spine. A healthy back has three natural curves: a slight forward curve in the neck called a cervical curve, a slight backward curve in the upper back called the thoracic curve, and a slight forward curve in the low back called the lumbar curve.

In a forward head, rounded shoulders posture, the curve in the neck is increased and the front of the chest is shortened, with the shoulders positioned forward. This posture places increased stress on the muscles, ligaments, and joints affected, potentially leading to pain or discomfort.



To improve the body's natural alignment, try these key points and sustain improved posture as long as feels comfortable for you. Imagine a string attached to the top of your head, gently pulling you into a tall stance. Lift the chest bone up towards the sky to allow the lungs to expand and contract fully. Gently activate the muscles between your shoulder blades to bring them closer together in the back. Bring your nose back as if it were going "between your ears" to bring the head back over the spine.

You will be given exercises to keep your back and neck healthy, and will also learn how to improve your posture in different positions. Be sure to bring up any questions or concerns you may have regarding your posture or body mechanics with your healthcare provider.