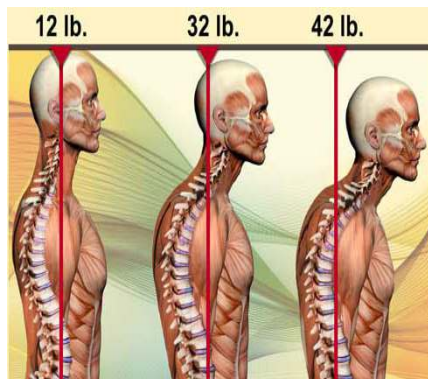


Today's Chiropractic Weekly Handout

Forward Head Posture

Dr. Charles M. Laycock



According to Kapandji, (*Physiology of the Joints, Volume III*), for every inch your head moves forward, it gains 10 pounds in weight, so your joints have to work that much harder to keep your head (chin) from dropping onto your chest. This is going to make you **TIRED**. Really **TIRED**.

This forward head tilt forces the muscles in your neck to remain in constant contraction, putting pressure on the delicate nerves in your neck. This nerve compression may cause headaches at the base of your **SKULL**. Pressure on the nerves can also mimic sinus (frontal) headaches.

This can pull the entire spine out of alignment.

Forward head posture (FHP) may also result in the loss of up to 30% of your vital lung capacity which means you're not going to be breathing every well.

This is primarily due to the **LOSS** of the curve in your neck, which blocks the normal actions of the muscles, especially the muscles responsible for helping lift the first rib during inhalation. This is not a good thing as oxygen is something your body cannot live without.

Persistent forward head posture (a.k.a. "hyperkyphotic posture"), puts compression upon the upper back (thoracic vertebra), and is also associated with the development of the "hump," which can evolve into compression fractures (anterior wedging). **A recent study found this was associated with a 1.44 greater rate of mortality.**

It's not uncommon to find a 2" forward head placement in the average person. That would be like having a 20-pound watermelon hanging around your neck. If you don't take care of it, it will get worse. Regular chiropractic **CAN** correct this. The chiropractic specialty focuses on correcting subluxations and that includes re-invigorating the muscles that normally support your head.

Exercise Of The Week

Levator Scap Stretch



STARTING POSITION
Begin seated in chair. Maintain proper sitting posture on sit-bones (ischial tuberosity) with shoulders back. Place one hand on thigh and the other behind back lowering shoulder slightly.



MOVEMENT
While maintaining good upright posture, lean head away from low shoulder attempting to lower opposite ear to back of hand on thigh. A gentle stretch should be felt in upper trapezius and neck. Hold for 20-30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as directed.

Today's Chiropractic Clinic

614 S. 225th Street

Des Moines, WA 98198

(206) 878-BACK (2225)

www.todayschiropractic.net

~Serving Our Community Since 1990~

Office Hours:
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm