Every inch the head moves forward of the shoulders amplifies its weight by 10 pounds.

The cervical extensors must isometrically battle these 42 pounds against the relentless force of gravity.

Images courtesy of Erik Dalton, Certified Myoskeletal Therapist
Forward Head Postures Result From:

- Faulty Oral/Breathing Habits
- Bad Sleeping Positions
- Texting/Computer Stress
- Whiplash
- Driving Stress

Images courtesy of Erik Dalton, Certified Myoskeletal Therapist
Spinal Damage at 0 MPH!

Texting/Computer Stress
Forward Head Postures Can Cause:

- Facial and Neck Pain
- Sleep Apnea
- Difficulty Swallowing
- Teeth Clenching
- Migraines
- Pinched Nerves
- Herniated Discs
- Arthritis

Upregulation of the CNS may contribute to fibromyalgia, chronic fatigue, myofascial tender points.
Upper Crossed Syndrome

- Inhibited Neck Flexors
- Tight Upper Trapezius & Levator Scapula
- Tight Pectorals
- Inhibited Rhomboids & Serratus Anterior

Images courtesy of Erik Dalton, Certified Myoskeletal Therapist
The entire GI Tract can become agitated, causing sluggish peristalsis and evacuation.

– Rene Cailliet, MD, Physical Medicine and Rehab. Director at USC

Images courtesy of Erik Dalton, Certified Myoskeletal Therapist
Posture Impacts:

- Headaches
- Mood
- Blood Pressure
- Pulse
- Lung Capacity (<30%)
- Balance

Images courtesy of Erik Dalton, Certified Myoskeletal Therapist
Posture and the Brain

Spinal Movement contributes 90% of the brain’s stimulation and nutrition.

– Dr. Roger Sperry, Nobel Prize; Brain Research
Posture and the Brain

• 90% of the brain’s energy and output is used in relating the physical body to gravity.

• 10% is used for thinking, metabolism, healing.

  – Dr. Roger Sperry, Nobel Prize; Brain Research

FHP steals energy from thinking, metabolism, immune function in order to deal with abnormal gravity and posture relationships.