

Forward Head Posture

"For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds." -Kapandji, Physiology of Joints, Vol. 3

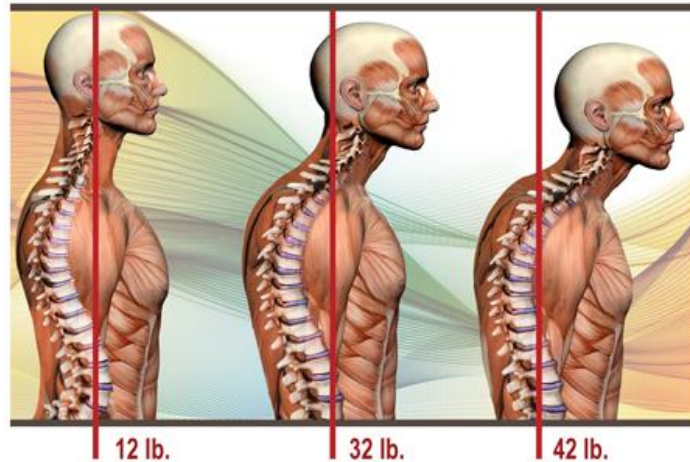


Figure 1

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- **Forward head posture (FHP) can result in the loss of 30% of vital lung capacity.** These breath-related effects are primarily due to the loss of the cervical lordosis which blocks the action of the hyoid muscles, especially the inferior hyoid responsible for helping lift the first rib during inhalation.
- Additionally, Dr Roger Sperry demonstrated that 90% of the brain's energy output is used in relating the physical body to gravity. Only 10% has to do with thinking, metabolism, and healing.⁴ Consequently, a FHP will cause the brain to rob energy from thinking, metabolism, and immune function to deal with abnormal gravity/posture relationships and processing.

Sometimes computer headaches come from muscle strain related to bad posture. Laptops are notorious for causing strained neck and back muscles, because you have to bend over more when using one. Re-evaluate your workstation, or have a professional do it, to make sure it's ergonomically correct - and make any adjustments necessary to reduce back and neck strain that can trigger computer headaches.

Don't forget to take frequent breaks to give your eyes, and neck and back, a break from being in one position too long. Keep a set of light hand weights nearby and do a few upper body exercises to target the neck and back muscles throughout the day. This will help to strengthen the strained muscles and make them more resistant to soreness. Self massage techniques or monthly maintenance massage can help keep headaches at bay.

