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
Carol Vander Stoep, RDH, BSDH, OMT

Thirty pounds of leverage! Semispinalis, splenii, longissimus, upper traps, etc.
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
Forward Head Postures Result From:

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

Semispinalis, splenii, longissimus, upper traps, etc. become unbalanced.
Spinal Damage at 0 MPH!

Texting/Computer Stress

Carol Vander Stoep, RDH, BSDH, OMT
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.

Carol Vander Stoep, RDH, BSDH, OMT
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
Carol Vander Stoep, RDH, BSDH, OMT

Upper Crossed syndrome
FHP and Large Intestine

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 Carol Vander Stoep, RDH, BSDH, OMT

The body follows the head!
Neck flexion can also stretch the spinal cord 5–7mm causing tensioning of the spinal meninges and lead to dysregulation of basic metabolic control functions.
Forward Head Postures Result From:

Hypertonic hyoids often resist translatory movement, causing jaw retrusion and TMJ compression.

Carol Vander Stoep, RDH, BSDH, OMT

Causes accelerated aging of intervertebral joints, therefore cervical arthritis (degenerative disc disease) and osteoporosis Spine Journal, 2006. Often lower back pain also. Need hyoid and anterior scalenes to lift in order to completely aerate the lungs.
Posture Impacts:

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

Cervical lordosis blocks the action of hyoid muscles, especially the inferior hyoid which helps lift the first rib during inhalation.

Mayo clinic newsletter: Vol 18, #3, March 2000. “Damage from prolonged head forward posture contributes to muscle spasms, disc herniations, osteoporosis, and nerve impingement.”
Posture and the Brain

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

– Dr. Roger Sperry, Nobel Prize; Brain Research

Carol Vander Stoep, RDH, BSDH, OMT
90% of the brain’s energy and output is used in relating the physical body to gravity.

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

– Dr. Roger Sperry, Nobel Prize; Brain Research

FHP therefore steals brain energy from thinking, metabolism, and immune function so it can deal with abnormal gravity and posture relationships.