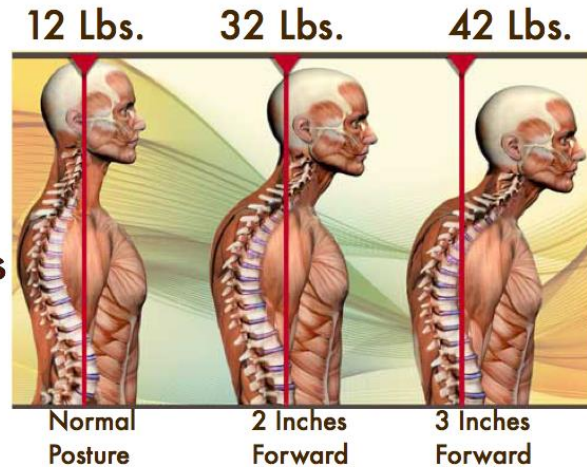


(Based on work of and with permission from Erik Dalton, Ph.D. Certified Advanced Rolfer and others)

THE 42 POUND HEAD!

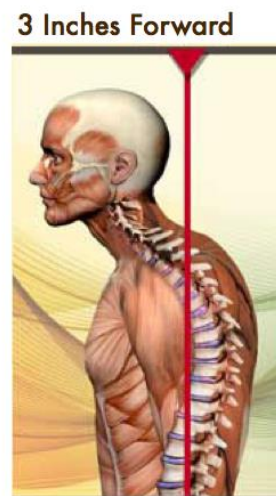
Every inch the head moves forward of the shoulders amplifies its weight by 10 pounds.



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

Forward Head Postures Result From:

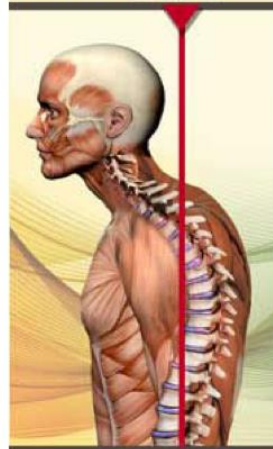
- Faulty Breathing Habits
- Bad Sleeping Positions
- Texting/Computer Stress
- Whiplash
- Driving Stress



Forward Head Postures Can Cause:

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

3 Inches Forward



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

Upper Crossed Syndrome

Inhibited
Neck
Flexors

Tight
Pectorals



Tight Upper
Trapezius
& Levator Scapula

Inhibited
Rhomboids
& Serratus
Anterior

FHP and Large Intestine

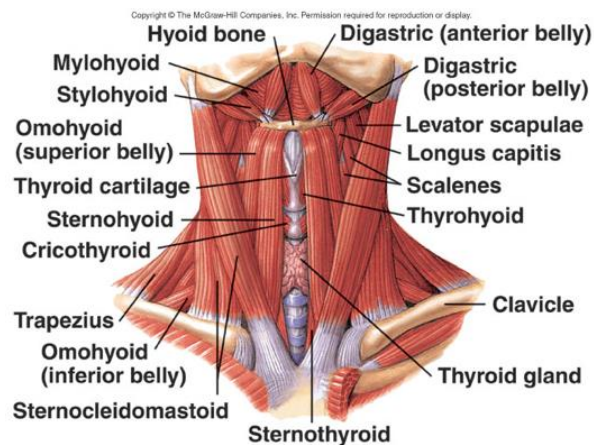
The entire GI Tract can become agitated, causing sluggish peristalsis and evacuation.

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



Forward Head Postures Result From:

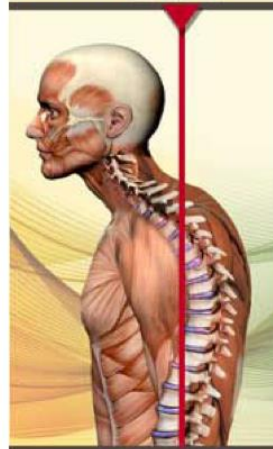
Hypertonic
hyoids often
resist this
translatory
movement,
causing jaw
retrusion and
TMJ
compression.



Posture Impacts:

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

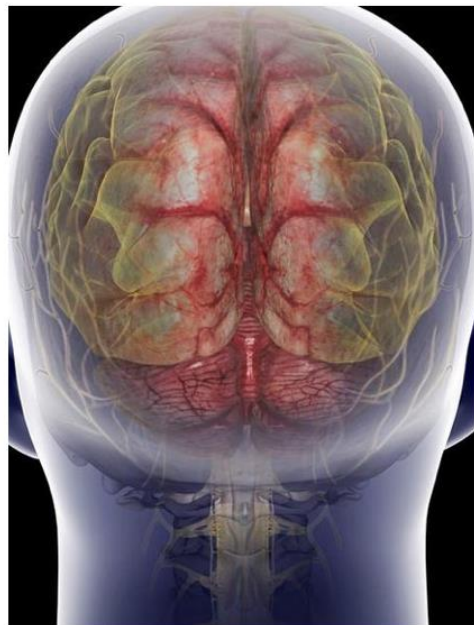
3 Inches Forward



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



