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"treating the cause of your problem, not just the symptoms"

Forward Head Posture

The next time you go for a walk in a mall, try to take note how other people's heads are positioned. Sound weird? Perhaps. But if you know what to look for, you can see which people likely have neck problems. When someone is standing with their arms at their sides, look at them from the side. Their ear, shoulder, hip, knee, and ankle should be in vertical alignment. In other words if you drop a plumb line from their ear it should pass through all those points.

For every inch a person's head is positioned "forward", his or her head "gains" 10 pounds in weight, as far as the muscles in your upper back and neck are concerned, as they have to work harder to keep the head (chin) from dropping forwards onto your chest with gravity. This forces the muscles that raise the chin or pull the head back to remain in constant contraction, putting pressure and tension on the joints, muscles, and eventually the nerves of the neck and upper back. The inevitable result is upper back and neck pain, with headaches.

For every single inch that the head is held in a forward position, it equals about ten extra pounds that the muscles at the back of the neck have to hold up. Would you be surprised that a person's neck and shoulders hurt if a 20 pound watermelon was hanging around his or her neck? That's what forward head posture can do to you!

When you hold your head in a forward position, the mobility of the joints in the upper four vertebrae will be significantly restricted. Over the long term, this will lead to degeneration of the joints and discs in that area.

To prevent forward head posture from happening in the first place, practice good posture and keep the muscles of your neck strong and flexible. Also, see your chiropractor regularly to eliminate minor neck problems before they become big ones. If you already have forward head posture, see your chiropractor. He or she can show you some simple exercises to help strengthen and release the chronic spasm of the muscles involved. The chiropractor can also use specific manipulation techniques to restore the proper mobility of the joints in the neck. Once this is done, and your postural habits are improved, the likelihood of your neck pain and headaches persisting are greatly lessened.