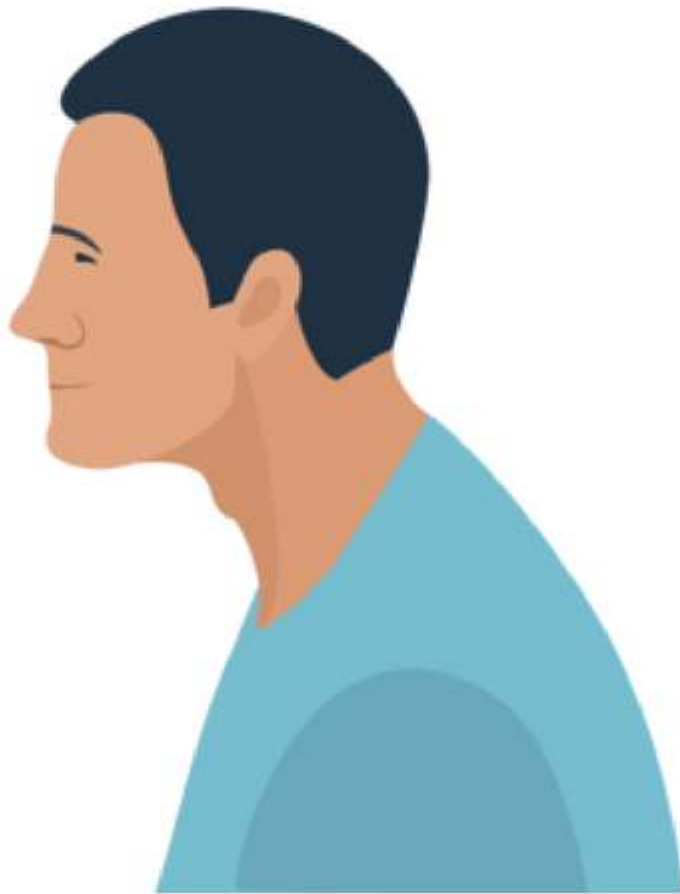


Fwd Head Posture PDF



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5 Fwd Head Posture Exercises:

From our blog post: <https://backintelligence.com/how-to-fix-forward-head-posture/>

Disclaimer: Please do these exercises at your own discretion. They are meant for the Do-It-Yourself purpose, not instead of medical advice.

1. Chin Tucks Exercise



This exercise will activate and strengthen your deep cervical muscles (front of the neck muscles).

- Place 2 fingers at the bottom of your chin.
- Gently tuck your chin in and retract your head backwards. At the same time, use your fingers to keep the chin tucked in the entire time.
- Hold the end position for 3 to 5 seconds.
- Relax your neck for a moment (Let the neck come fwd).
- Aim for 2 to 3 sets of 10 repetitions.

** You should feel like the back of your neck is lengthening or “pulling up”, and there will be packing in front of your neck.

2. Neck Flexion (Suboccipital Stretch)



This will stretch the back of your neck muscles including the Suboccipital muscles.

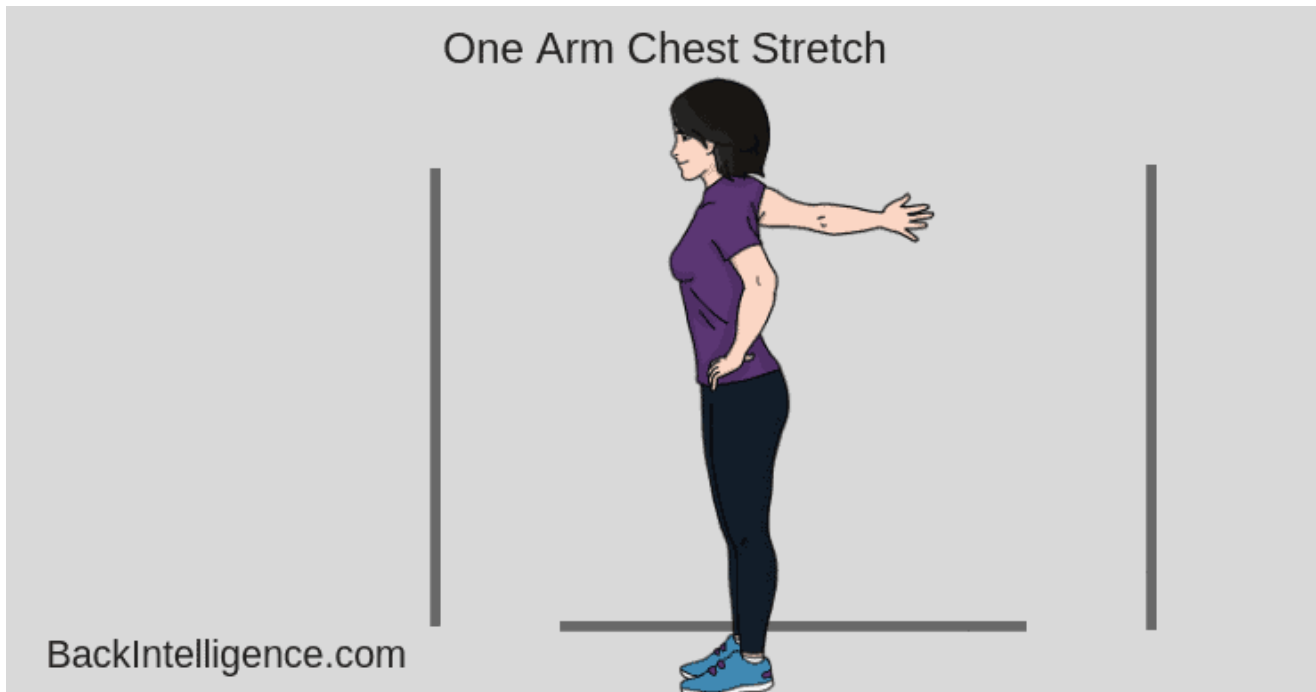
- First, tuck your chin in using 2 fingers of one hand.
- Place your other hand on the back of your head and apply a gentle force down as you pull your head towards your chest.
- When you feel a stretch at the back of your neck, hold the position for 20 to 30 seconds.
- Repeat this stretch 3 times.

**** Keep your chin tucked as you do this stretch.**

P.S Check out [The Complete Posture Fix Course](https://backintelligence.com/the-complete-posture-fix/) (Get on waitlist):

<https://backintelligence.com/the-complete-posture-fix/>

3. One Arm Pec Stretch – At A Wall (Do Both Sides)



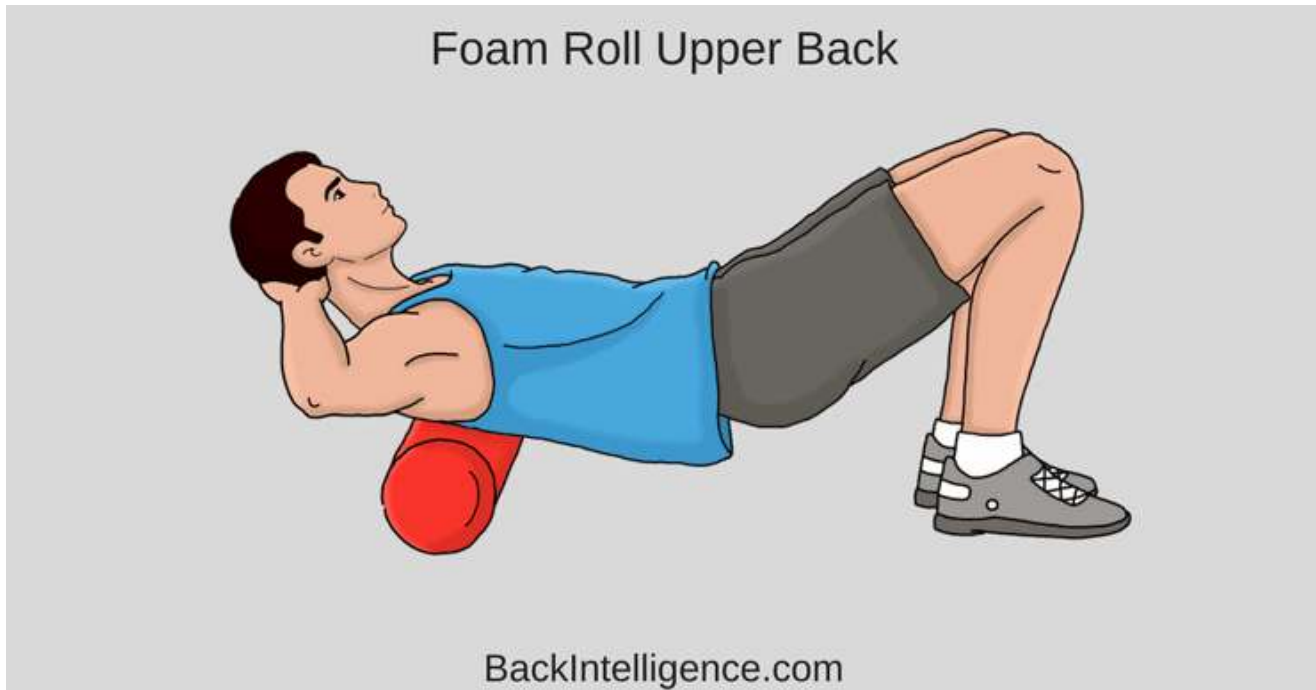
This will stretch out the chest area which can be tight and pull the neck into a bad posture. Releasing the pecs will allow you to be in a better posture and can alleviate some of the pain.

- Come close to a wall and stretch one arm behind you with the palm on the wall.
- Pull in your stomach (do not arch your back)
- Now lean forward and slightly away from the extended arm.
- Feel the stretch in your chest area.
- Hold for 30 seconds.
- Repeat on the other side

* Make sure you're not just stretching your shoulder, but also the chest. Tweak the angle of your position to get the chest muscles.

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4. Thoracic Spine Foam Rolling

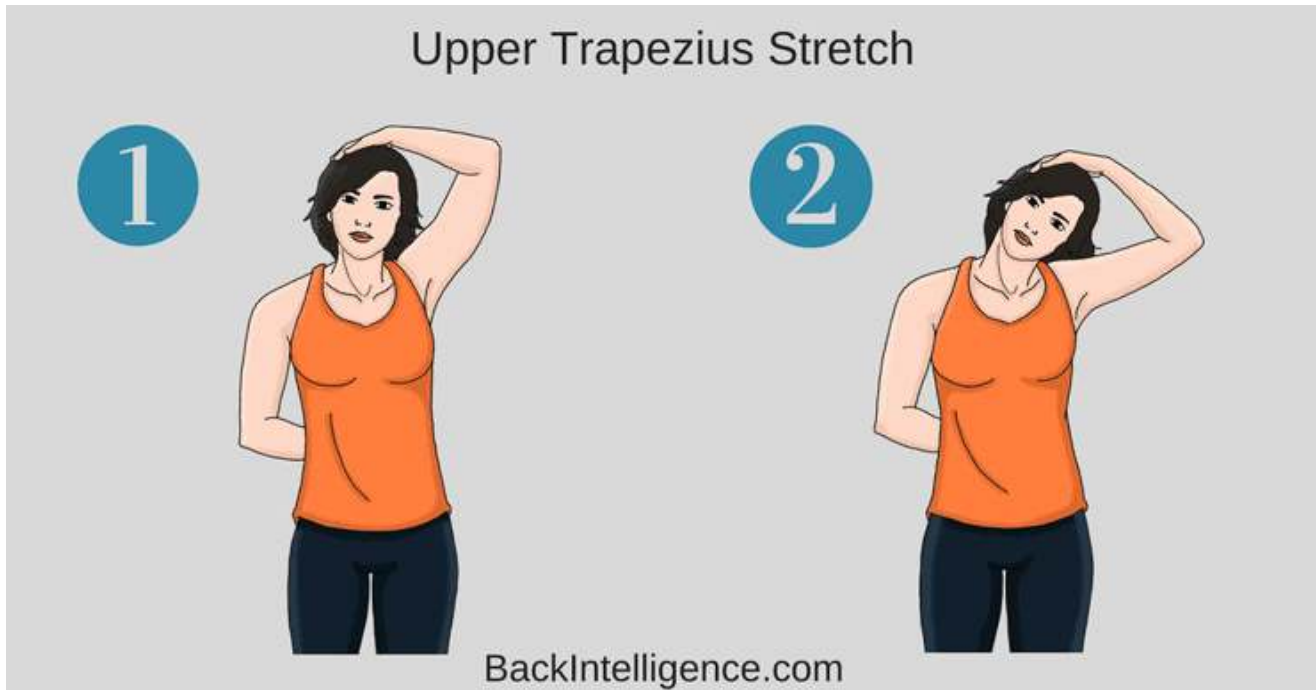


This is great way to loosen up the upper back area.

- Lie on your back, with your hands placed behind your head, and a foam roller placed under your upper-back.
- Start to slowly roll up and down beginning at your mid-back and moving towards the top of your shoulders.
- Keep your core tight and use your legs to roll.
- Don't rush, do nice and slow rolls.

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5. Upper Trapezius Stretch



This will stretch out the neck and upper back muscles (Scalene & Upper Trapezius) which can get very tight on individuals with this forward neck syndrome.

- Start either in a standing or seated position.
- Place one of your hands on the opposite side of your head and tuck the other hand behind your back.
- Now bring the head down towards your shoulder.
- Use the hand on top to press your head down – to get a deeper stretch (Not too hard).
- Hold for 20-30 seconds and do both sides

Check out extra resources on next page!



DONE!

Check out **The Complete Posture Fix Course** (Get on waitlist):

<https://backintelligence.com/the-complete-posture-fix/>

Check out **The Complete Low Back Fix Course** (Get on waitlist):

<https://backintelligence.com/waitlist-low-back-fix/>

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Questions? Email Leon at Leon@BackIntelligence.com

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