

# Fwd Head Posture PDF



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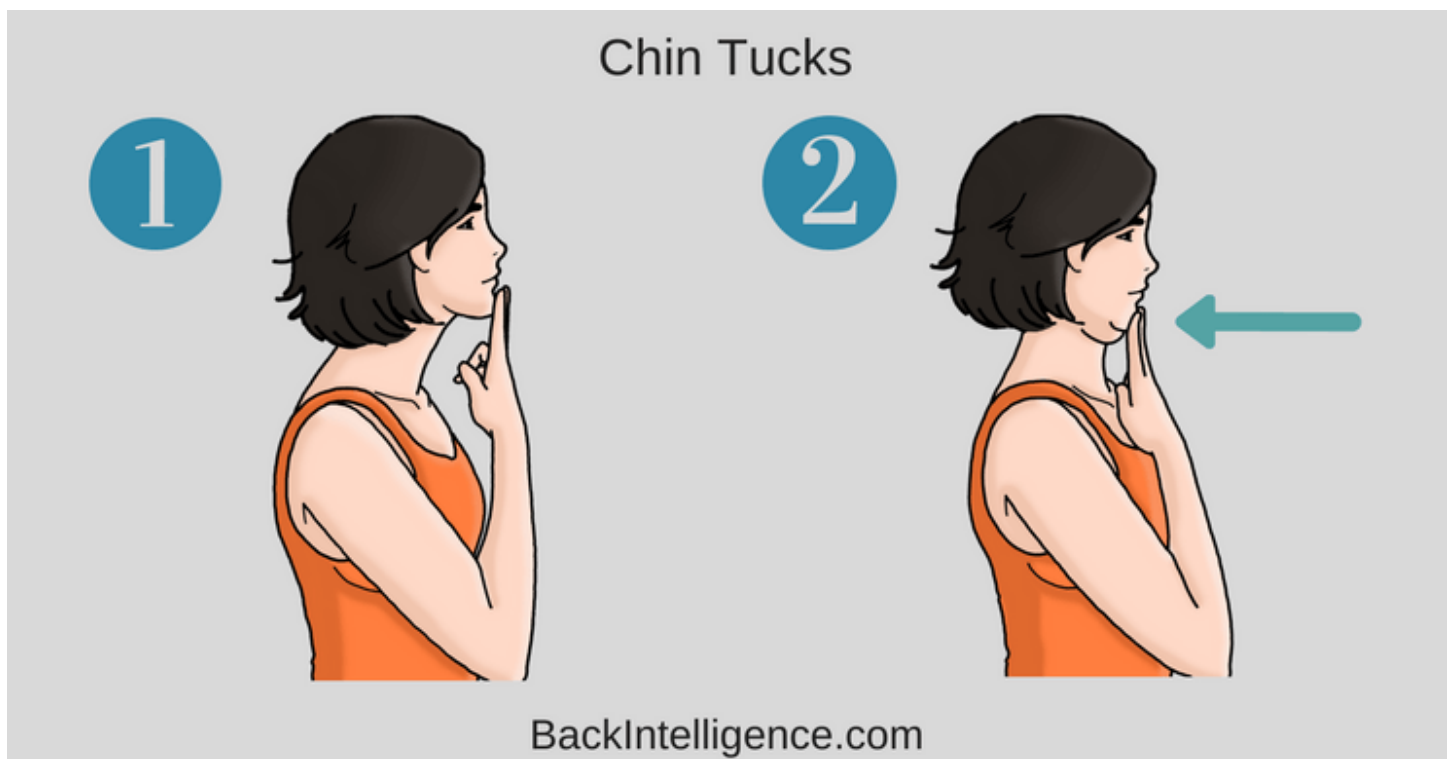
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## 5 Recommended Fwd Head Posture Exercises:

From our blog post here: <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.

\*\* Your eyes should stay level and you should feel like the back of your neck is lengthening or “pulling up”.

## 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.

### 3. Doorway Stretch



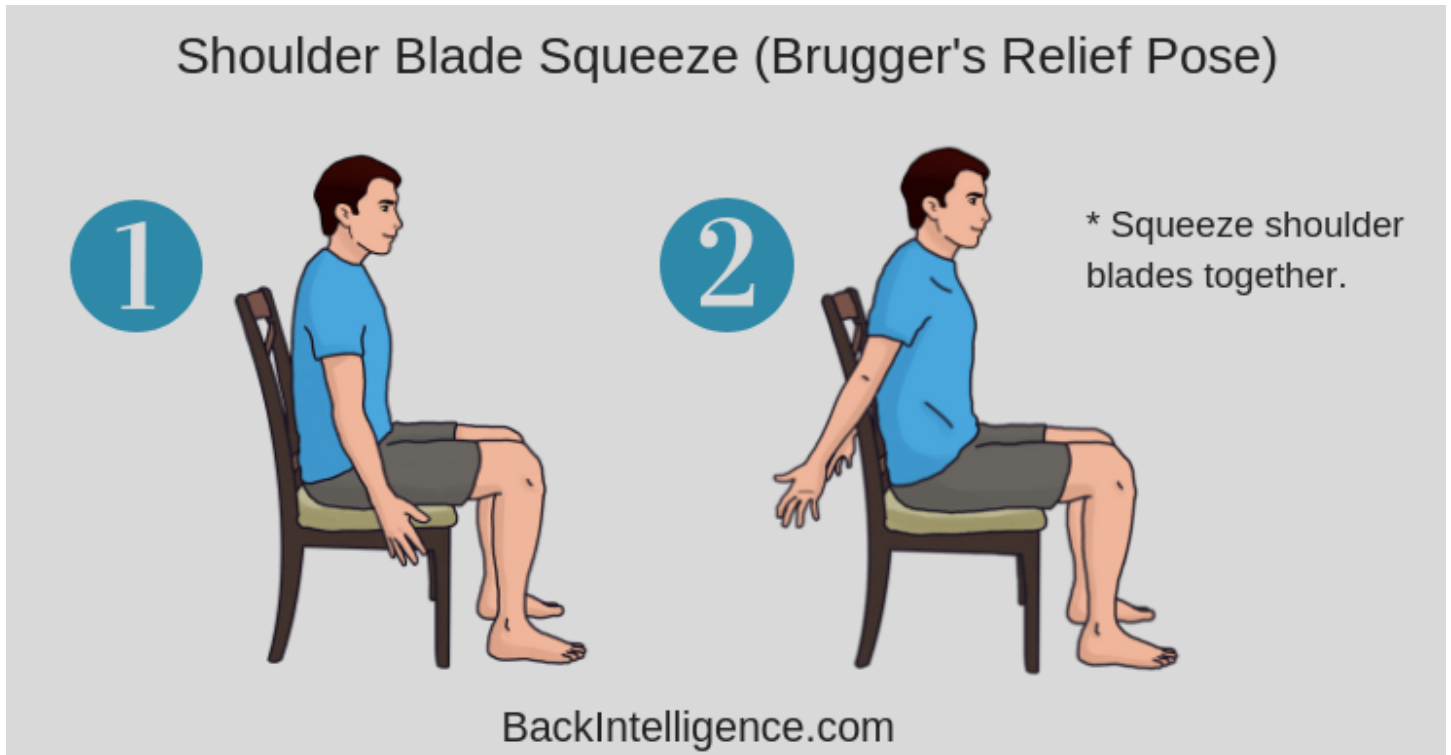
This stretch will help to open up your chest and shoulders, which could be very tight.

- Position your elbows and hands in line with a doorframe.
- Step through the door slowly, until you feel a stretch.
- Hold this end position for 20 to 30 seconds before returning to the starting position.
- Repeat this stretch 2-3 times.

\*\* Don't arch your low back as you do this stretch.

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P.S – Check out **The Complete Posture Fix Course** on our site, made together with me (Leon), Dr. Oliver DC, and Emily. It includes step by step videos on the best exercises and ergonomics - to correct fwd head and rounded shoulders. We open enrollment to this course several times per year!

## 4. Shoulder Blade Squeeze (aka Brugger's Relief Position)



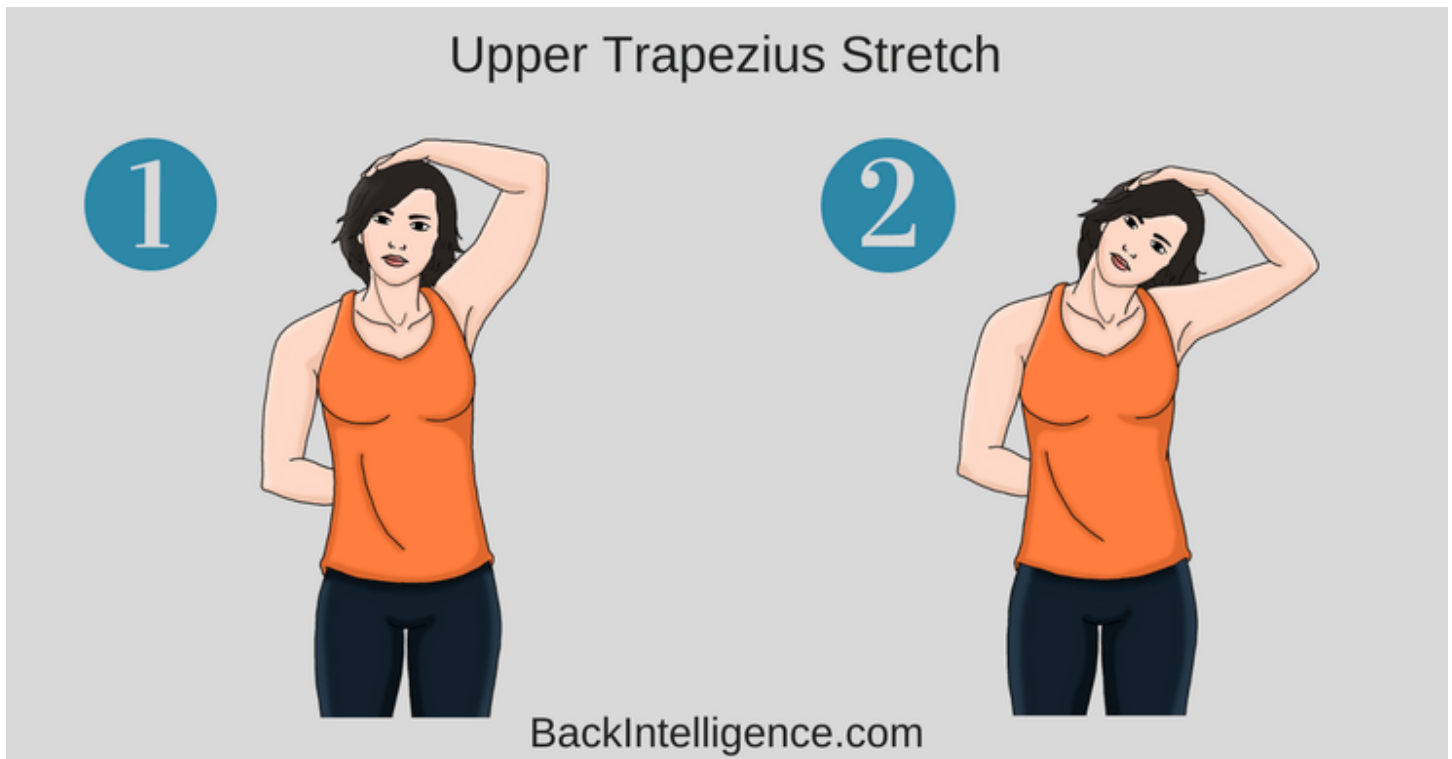
This exercise will activate and strengthen your low and mid back muscles including Low and Mid Trapezius.

- Position your feet and knees slightly wider than your hips as you sit on a chair.
- Maintain a chin tuck and raise your chest up, allowing your spine to be in a neutral position.
- Rest both of your arms down by your sides.
- Now bring your arms back and externally rotate them so that your thumbs are pointing backwards.
- Hold this position for 5-10 seconds and release.

\* Aim for 2-3 sets of 10-15 repetitions.

\* Breathe normally as you do these reps.

## 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.
- Now bring the head down towards your shoulder.
- Use the hand overhead to press your neck down – to get a deeper stretch (Not too hard).
- Hold for 20-30 seconds and do 2-3 sets.

**DONE! DO THESE 3-6 Times/Week**

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