

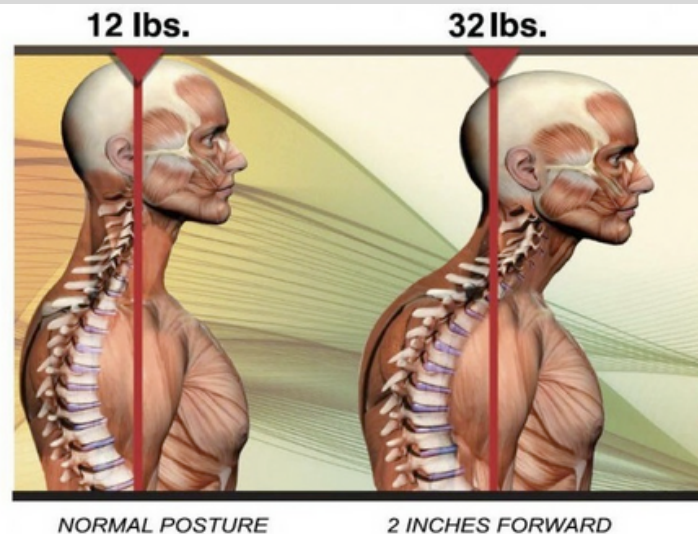
Hold Your Head High!

"Forward head posture" is abnormal forward positioning of the head relative to the shoulder due to misalignments of the spine (subluxations).

In recent years, research has demonstrated that forward head posture puts significant tension on the neck and head muscles and can lead issues including neck pain, shoulder stress, and headaches.

For every 1 inch the head moves forward, it puts an estimated 10 lbs of additional force on the spine and can lead to a 30% reduction in vital lung capacity!

Chiropractic care can help improve forward head posture which may lead to less aches, improved breathing, and a better quality of life!



“Head in forward posture can add up to thirty pounds of abnormal leverage on the cervical spine. This can pull the entire spine out of alignment. Forward head posture (FHP) may result in the loss of 30% of vital lung capacity.”

Kapandji IA. The physiology of the joints. 6th ed. Vol. 3. Churchill Livingstone; 2008.

Calliet R. Shoulder pain. 3rd ed. Philadelphia (PA): FA Davis Company; 1991.



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