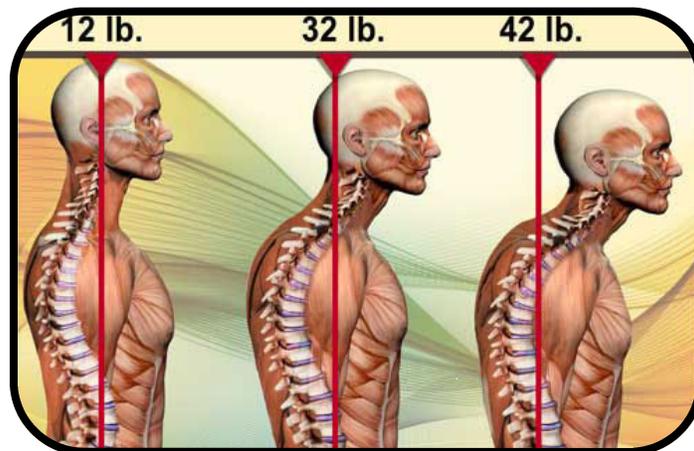


Forward Head Posture and Texting

The need for posture correction has significantly increased with advances in mobile technology. Texting may be a convenient and easy way to communicate, but it has implications for health because it decreases the normal C-curve of the cervical spine, causing neck pain and what is known as “**Forward Head Posture**”.

Forward head posture leads to “osteoarthritis, disc degeneration and pinched nerves”. Neck pain is almost as common as back pain in our society, and young people are experiencing neck pain much more early in life because of texting. Sitting at a computer also creates the same posture as texting.

Poor health can result from stretching of the spinal cord due to loss of cervical curve. A major part of head, neck, jaw and shoulder pain is due to Forward head carriage. According to Dr. Roger Sperry, a Nobel Prize recipient for brain research, this affects the way your brain can function. “When you have forward head posture, your brain will rob energy from your thinking, metabolism, and immune function to deal with abnormal gravity/posture relationships and processing”.



First of all, how do you know you have this? A simple test can show you. Stand with your heels, pelvis, shoulders and back of your head touching the wall. Is your posture normal? If this is difficult to maintain or does not feel comfortable at all then you have Forward head posture. This is confirmed when you relax to your regular posture and your head comes forward away from the wall.

How can you prevent the serious health complications from forward head carriage? Chiropractors are trained in biomechanics to correct your posture. **Specific exercises can be provided to restore the head carriage, thus reversing years of damage and preventing the future development of cervical disc degeneration and chronic neck pain.** External “blocking” is also required to move the spine into its normal alignment.

Please speak with Dr. Darren to determine if you are a candidate to correct your posture and eliminate the Forward Head Posture.

