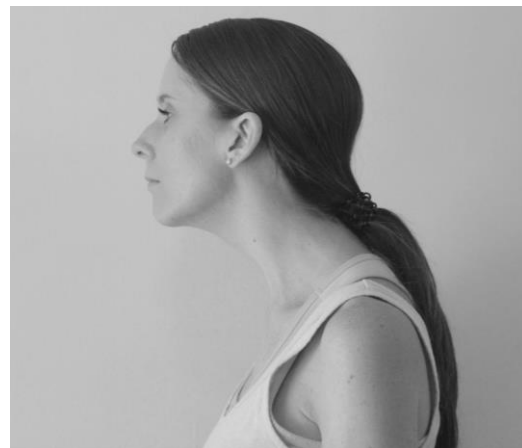


Abnormal Posture: Backwards Head Shift

Abnormal Posture: Backwards Head Shift



Exercise: Forward Head Shift



- Sitting or standing with your back against a wall, shift your head straight forwards as far as comfortably possible.
- Do not rotate or tilt your head.
- Hold this movement for 5 -10 seconds.
- Begin with 1 set of 10 repetitions.
- Over the next few weeks build up to 5 or 10 sets of 10 repetitions – depending on your Align Chiropractor's recommendations.
- Once you are proficient at this movement you will no longer require the wall / chair for support / guidance.
- These movements should be in a pain free range of motion, if you experience any pain please stop the exercise and let your Align Chiropractor know.

* Please note that these positions, in the above pictures, may have been exaggerated due to demonstration purposes.

