

Abnormal Posture: Forward Head Bend

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Exercise: Backwards Head Bend



- Sitting or standing, bend your head backwards so that your head touches your back or however far is 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.
- 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.

