

40 seconds a day to release tension and improve upper spinal posture

A forward shift in head position (poking chin posture) is one of the most common postural distortions seen by chiropractors. Ideal posture when viewed from the side should have the ear opening vertically in line with the point of the shoulder.

Shifting your head forward can have a significant effect on your spine. For every 2-3cm your head slips forward, the load on your shoulders **DOUBLES**. This may lead to neck, mid-back and shoulder pain as well as headaches, shoulder problems or tingling down the arms.

To reduce forward head position and take the tension off your shoulders, try this four part daily exercise.

All four parts are done standing with a relaxed, tall posture. Draw your stomach in slightly and gently tuck in your tailbone. Your chest should be open with your shoulders and head drawn back. Keep your shoulders down. Fingers should be pointed straight out and your thumb pointed away from your fingers at right angles.

Part 1

Stand with straight arms above your head and thumbs pointing behind you. Keep your shoulders down. Draw your shoulders and head backwards so that you feel a tightening in the muscles at the back of the neck and between the shoulder blades. Hold for 10 seconds.

Part 2

Stand with your arms straight and out to your sides in a crucifix position. Make sure your thumbs are pointing behind you. Repeat the muscle tightening from part 1.

Part 3

Stand with your arms straight out to the sides again but this time with elbows bent to 90 degrees. Fingers are pointing upwards and thumbs pointing behind you. Repeat the muscle tightening from part 1.

Part 4

Stand in the same position as part 3 but with your elbows drawn down. Your fingers remain pointing upwards and your thumbs pointing behind you. Repeat the muscle tightening.

This is an excellent and easy way to make real changes in the balance of your upper spine and nervous system.