

# Forward Head Posture Exercises PDF



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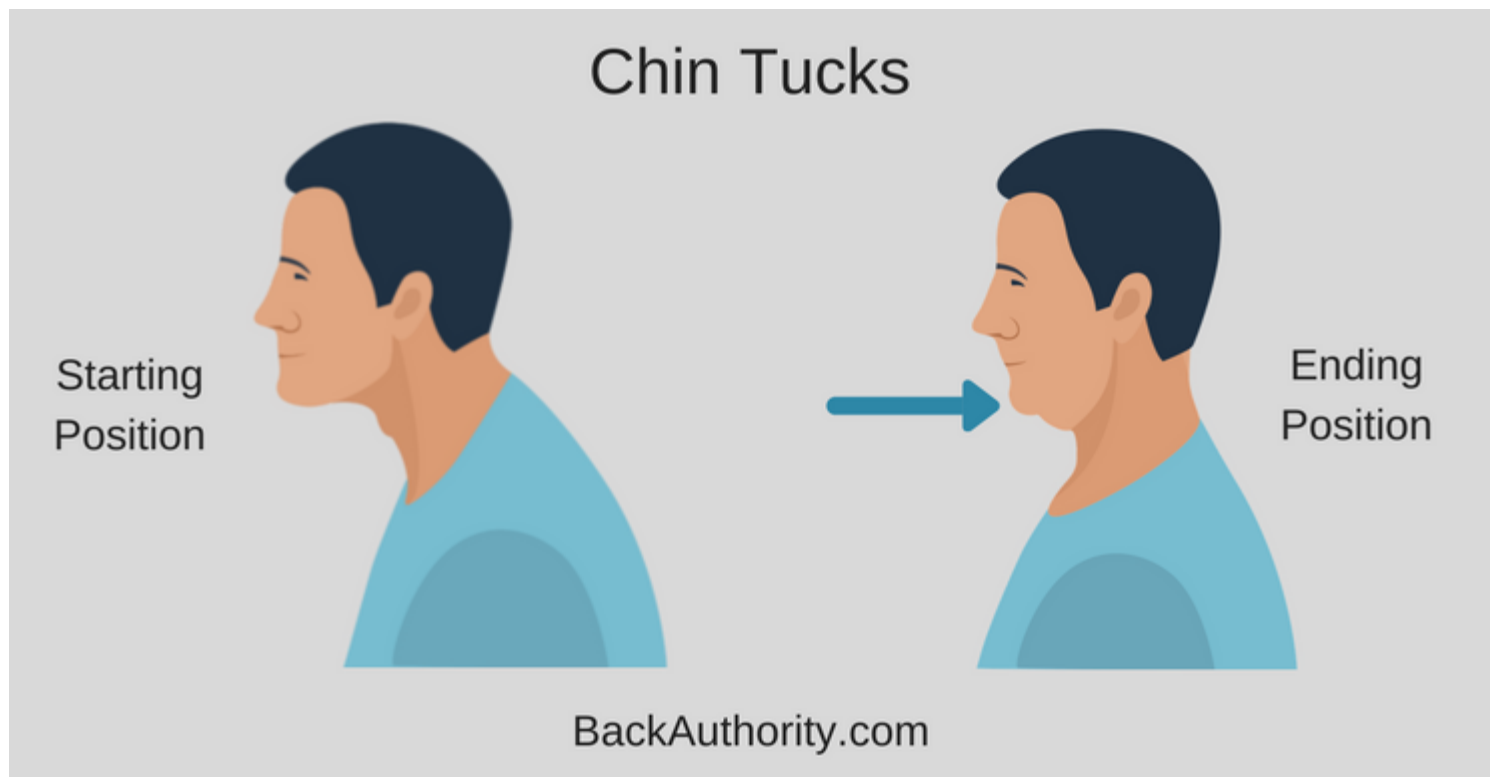
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## 5 Recommended Forward Head Posture Exercises:

From our blog post here: <https://www.backauthority.com/how-to-fix-forward-head-posture>

Disclaimer: Please do these exercises at your own discretion. They are meant for the Do-It-Yourself purpose, not instead of medical advice.

### 1. Chin Tucks



#### **How to do it:**

- Begin in either a standing or seated position

- Gently tuck your chin in towards your chest by moving your head horizontally backwards, not like you're nodding yes, but straight back (Keep chin tucked in the whole time!).

\*\* Your eyes should stay level and you should feel like the back of your neck is lengthening or “pulling up”

- Hold the end position for 3 to 5 seconds.
- Aim for 2 to 3 sets of 10 repetitions.

## 2. Sternocleidomastoid (SCM) Release



### **How to do it:**

- Begin in either a standing or seated position

- Locate your SCM (there is one on each side of your neck that runs from behind your ear to approximately the middle of your throat and connects to your collarbone – in a “V” pattern- and it will feel like a tight band of muscle).

\*\*You may find it helpful to turn your head in the opposite direction to find your SCM (i.e. turn your head to the right to locate your left SCM).

- Once you locate the SCM, gently massage it by pinching it on either side and rolling it between your fingers.
- Make sure to go up and down the whole length of the muscle.

- Do this exercise once and aim to massage the muscle for about 1 minute on each side of your neck.

\*\* Avoid pressing too deep or you might hit other tender neck structures.

### 3. Neck Flexion



#### How to do it

- Begin in either a standing or seated position
  - Place your hand on the back of your head and apply a gentle force as you pull your head towards your chest.
  - When you feel a stretch at the back of your neck, hold the position for 15 to 20 seconds.
  - Repeat this stretch 3 times.

Now on to the 4<sup>th</sup> exercise...

## 4. Suboccipital Release



### How to do it:

- Begin lying on your back with your knees bent
  - Place a small massage ball, tennis ball, small foam roller, or something with a similar shape under your neck at the base of your skull.
  - Turn your head slowly from left to right to roll over different areas.
  - Do this exercise once and aim to roll for about 4 to 5 minutes on each side of your neck.

\*\* If you feel lightheaded or dizzy, or have a significant increase in pain, when doing this exercise try decreasing the pressure that you're applying.

Now for the last exercise...

## 5. Brugger Relief Position



### How to do it:

- Begin in the seated position, sitting at the edge of a chair.
- Your feet and knees should be positioned slightly wider than your hips and slightly rotated outwards.
- Maintain a chin tuck and raise your chest up, allowing your spine to relax into an arch.
- Relax your shoulders and rotate your arms so that your thumbs are pointing backwards.
- Hold this position for 5-10 seconds and release.
- Aim for 2-3 sets of 10-15 repetitions.

DONE! DO THESE EVERY OTHER DAY

Read entire article here: <https://www.backauthority.com/how-to-fix-forward-head-posture>

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