Forward head

## The symptoms of forward head posture:

can be varied and can include, neck pain, headaches, breathing difficulties, muscle tightness in the neck and shoulders and pain between the shoulders blades, unbalanced gait, and other side effects. It’s also often associated with rounded shoulders, called kyphosis.

# Causes:

* Driving hunched over the wheel for long periods
* Occupations that require you to lean forward, such as sewing
* Carrying a heavy backpack
* Long-term bad posture, such as slouching
* Sleeping with your head up too high or reading in bed
* Injury, such as whiplash
* Accommodation to pain
* Muscle weakness in the upper back
* Diseases such as arthritis and bone degeneration
* Congenital malformation

# Treatment:

<https://youtu.be/6C-wfV27bzI>

<https://youtu.be/JA3O0NVb-sk>