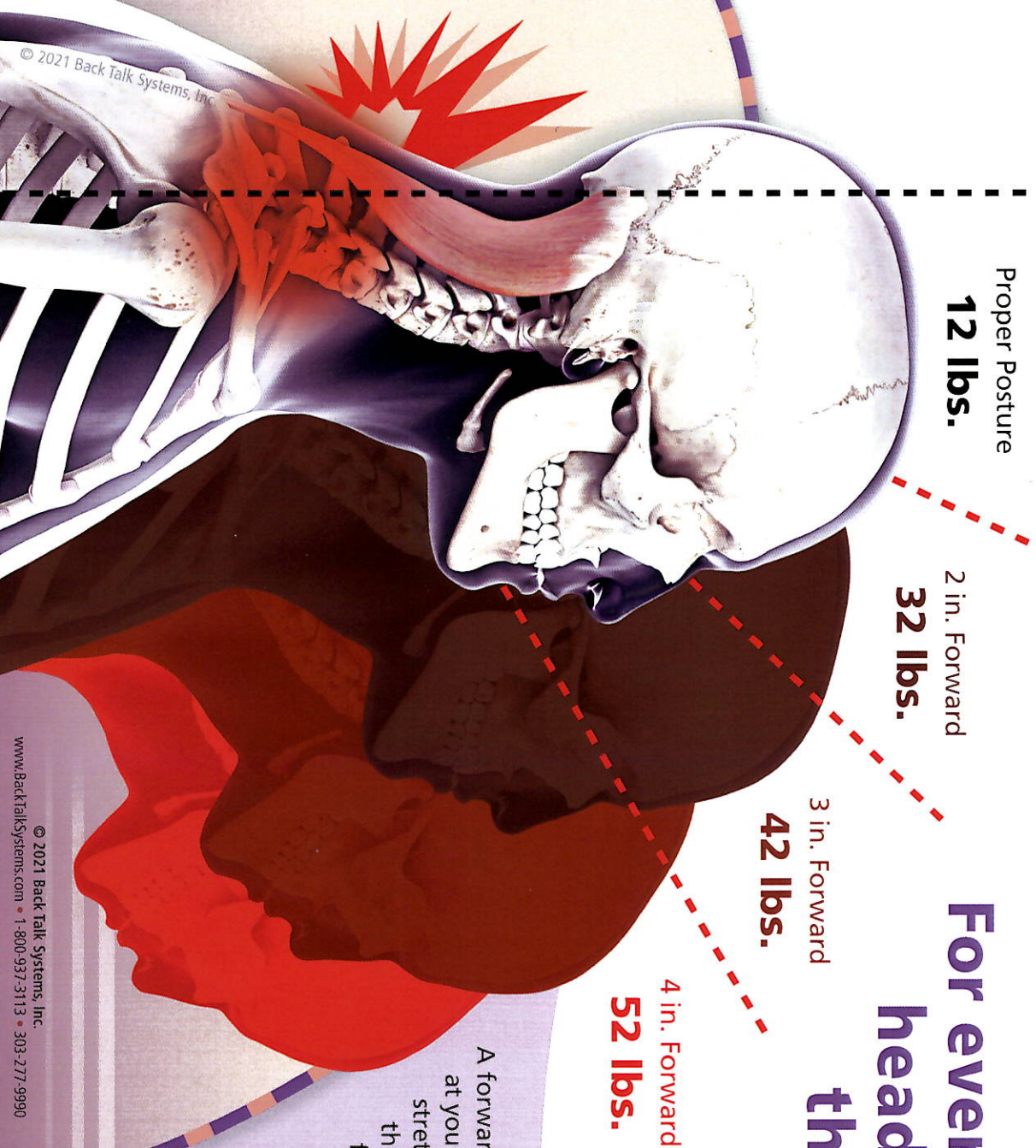


Watch Your Forward Head Tilt



For every inch of forward head tilt, the force on the spine increases by 10-12 pounds!

A forward head posture from constantly looking down at your phone, tablet or computer can cause a relentless stretching of the muscles, tendons and ligaments in the back of your shoulders and neck, creating a forward head tilt. This extra pressure on the neck and spine adds unnecessary stress that can lead to neck and shoulder pain, loss of normal motion, early degenerative or arthritic changes and the need for corrective actions.

Check with your Chiropractor for specific spinal adjustments and any appropriate therapies or exercises that can help to minimize or correct this dangerous condition.