

## Forward Head Posture Exercises

### Plank” or “Elbow Props”

Lay down on your stomach on the floor. Prop yourself up on your forearms. Push your lower body up onto your toes. Your body should form a straight line. Be careful not to stick your buttocks up into the air. Hold this position for 3 minutes. (Note: you may need to begin by holding for 30 seconds.)



### Standing Wall Angel Exercise

Stand with your feet about 6 inches away from the wall. Buttocks, back shoulders and back of head against the wall.

Put arms up against the wall, elbows are at shoulder height and bent at a 90 degree angle. Back of hands flat against wall. Glide your hands up and over your head, keeping your hands and arms against the wall until your hands meet above your head. Bring your arms back down to the starting position.

Repeat 5-10 times every day.



### AIRPLANE – SUPERMAN – GOAL!!

Stand straight and tall with head back, butt back and attempt to hug the world. Squeeze your shoulder blades together.

AIRPLANE

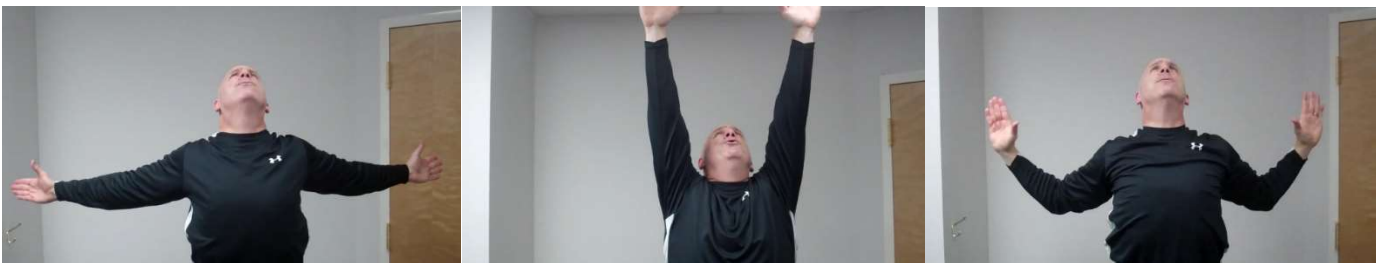
Stand straight and tall with head back, butt back and now reach high above your head. Again squeezing your shoulder blades together.

SUPERMAN

Stand straight and tall with head back, butt back, arms back and bent 90 degrees, squeezing your shoulder blades together.

GOAL

*YouTube Forward Head Posture Otto*



### Pillow Smash

Stand with your back to wall, arms by side, & palms forward.

Head tall, chin tucked level, with a pillow behind head.

Pull head straight back into pillow keeping chin level “Smash the Pillow”.

Hold for 5 -10 sec. ; Repeat 10 X



## Stretch Tight Muscles

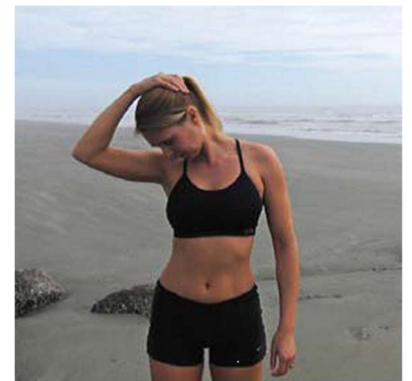
**Turtle Neck** – Standing or sitting straight and tall, start by jutting your head forward and then tuck your chin straight back to chest. Use your fingers to guide your head straight back. Try to create a double chin.  
**Hold the pose for 5 sec and repeat 10 times.**



**Upper Trap Stretch** – Sitting in a chair, grab the right side of the chair with your right hand. Now reach up with your left hand and gently pull your head to your left side, stretching your left Trapezius muscle.  
**Hold this stretch for 10 sec 3 times on each side.**



**Levator Scapula** – Sitting in a chair, turn your chin down and towards your left shoulder. Grab the right side of the chair with your right hand. Now reach up with your left hand and gently pull your head to your left hip, stretching your levator scapularis.  
**Hold this stretch for 10 sec and repeat on both sides 3 times**



**Pec Major** – Standing in a doorway, put both forearms up against the door frame with your arms at a 90 degree angle and parallel to the floor. Now just simply step through the doorway to stretch you Pec Major.  
**Hold this stretch for 10 sec and repeat on both sides 3 times**

