Forward head posture daily action checklist

Use these actions from the article to work on forward head posture each day.

- [ ] Check head position with the wall test, keeping the chin level.
- [ ] Do three sets of 10 chin tucks daily, pulling the chin straight back.
- [ ] Do three sets of 10 scapular squeezes daily.
- [ ] Add wall angels, holding the arms overhead for a few seconds.
- [ ] Hold a doorway chest stretch for 20 to 30 seconds, two to three times daily.
- [ ] Raise the computer so the eyes meet the middle of the screen.
- [ ] Hold the phone at eye level and take regular breaks from screens.
- [ ] Choose a pillow that keeps the neck level with the mattress.
- [ ] Stop any exercise that causes sharp pain or tingling.
- [ ] Contact a provider about numbness, tingling or weakness in an arm or hand.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/how-to-fix-forward-head-posture/