

How Heavy is Your Head?

12 lbs.

24 lbs.

42 lbs.



NORMAL POSTURE

2 INCHES FORWARD

3 INCHES FORWARD

42 Pound Head

“For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds.”

Kapandji, Physiology of Joints, Vol. 3

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