

TEXT NECK FIX

FORWARD HEAD PROTOCOL



Exercise 1: Head Retraction

Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin seated, or standing, looking forward with shoulders back with good neutral posture.

Movement : Activate core muscles. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position and repeat for prescribed repetitions and sets.



Exercise 2: Mid Back Foam Roll Myofascial Release

Sets: 1 | Reps: 3 | Time: 60sec | Rest: 30sec | Freq: Daily

Start: Begin seated on floor. Lie back placing foam roll across upper back. Cross arms in front placing hands on shoulders.

Movement : Lift hips off floor. Slowly massage upper back, rolling up and down as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.



Exercise 3: Foam Roll Chest Stretch - Progression 2

Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin by sitting at end of foam roll. Lie back so spine is supported by roll. Bend knees with feet flat on floor

Movement : Extend one arm to the side at shoulder level, palm facing down and making contact with floor for support. Opposite elbow is bent to 90° at shoulder level with palm facing up. Relax as chest and shoulder stretches for 30-60 seconds. Repeat for prescribed repetitions. Then perform on opposite side.



Exercise 4: Floor Angels

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on floor facing up. Bend knees with feet flat on floor. Extend arms to sides below shoulders level, elbows bent to 90° with palms facing up.

Movement : While attempting to maintain forearm contact with floor, slide arms upward, squeezing shoulder blades together. Once forearm can no longer keep contact with the floor, slowly return to start position and repeat prescribed repetitions and sets.



Exercise 5: I, Y, T, W, L Combination

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin standing.

Movement : Lift both arms up into an "I" position. Lower hands to start then bring arms into a "Y" position. Repeat movement to perform "T" position, then "W" then "L" position. Hold each position for prescribed time.

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Exercise 6: Brugger Postural Upper Body

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Stand up straight with your hands at your sides.

Movement : Begin by bending your elbows to 90 degrees as you rotating your shoulders externally. Pull your shoulders back and down as you gently retract your head. Slowly return to start position and repeat for recommended sets and reps.



Exercise 7: Single Arm Doorway Stretch

Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily

Start: Place forearm on wall, or doorway, with elbow bent at 90°. Elbows should be slightly below shoulder level.

Movement : While maintaining forearm contact, lean body into doorway until gentle stretch is felt in the chest and shoulder. Hold for 20-30 seconds or for recommended duration and repetitions.



Exercise 8: Levator Scapula Stretch

Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin seated in chair. Maintain proper sitting posture on sit-bones (*ischialtuberosity*) with shoulders back. Place one hand on thigh and the other behind your back.

Movement : Activate core muscles. Lift upper body up off floor so that forearms and knees are supporting body weight. Maintain a straight plank like position from knees through shoulders. Maintain core contraction. There should be no movement once this positions is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.



Exercise 9: Prone Blackburn T

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying face down. Arms should be extended to sides at shoulder level with hands at 9 and 3 o'clock position. A pillow, or rolled towel, may be placed under forehead for comfort.

Movement : Activate core muscles. Lift hands and arms toward ceiling. Then squeeze shoulder blades together. Neck muscles should remain relaxed. Hold for 5 seconds. Return to start position and repeat for prescribed repetitions and sets.