

Fix Forward Head Posture In Days: Daily Corrective Workout Routine In Mins

Forward head posture is a common problem that can cause a variety of health issues, including neck pain, headaches, and even TMJ. The good news is that forward head posture is relatively easy to correct with the right exercises.



FIX Forward Head Posture IN 7 DAYS!! (Daily Corrective Workout Routine in 4 Mins No Equipment needed)

by Monica Reinagel

★★★★☆ 4.1 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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This daily corrective workout routine is designed to help you fix forward head posture in just days. The exercises are simple and can be done in just a few minutes each day.

Exercises

1. **Chin tucks:** Sit or stand with your shoulders relaxed and your spine straight. Gently tuck your chin toward your chest. Hold for 5 seconds,

then relax. Repeat 10 times.

2. **Shoulder rolls:** Sit or stand with your shoulders relaxed. Roll your shoulders forward in a circular motion for 10 repetitions, then roll them backward for 10 repetitions.
3. **Neck stretches:** Sit or stand with your shoulders relaxed. Gently tilt your head forward and hold for 5 seconds. Then, gently tilt your head back and hold for 5 seconds. Repeat 10 times.
4. **Wall slides:** Stand facing a wall with your feet hip-width apart. Place your hands on the wall at shoulder height. Slowly slide your body down the wall until your chest is touching the wall. Hold for 5 seconds, then slowly push yourself back up to the starting position. Repeat 10 times.
5. **Prone extensions:** Lie on your stomach with your legs extended and your arms at your sides. Lift your head and chest off the ground, keeping your neck straight. Hold for 5 seconds, then lower back down. Repeat 10 times.

Tips

- Be sure to warm up before doing these exercises by walking or jogging for 5 minutes.
- Do these exercises slowly and gently. Don't overexert yourself.
- If you experience any pain, stop doing the exercises and consult with a doctor.
- Be patient. It may take a few days or even weeks to see results.

Forward head posture is a common problem that can be easily corrected with the right exercises. This daily corrective workout routine is designed to

help you fix forward head posture in just days. Be sure to follow the tips above to get the most out of this routine.

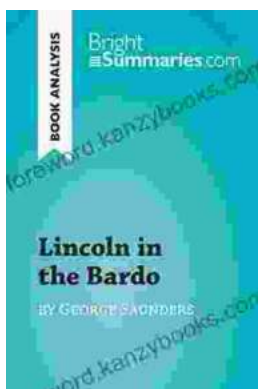


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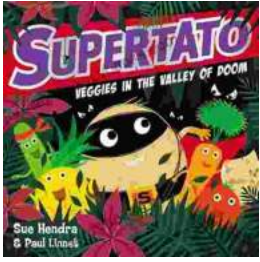
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