

## Science backed exercises:

Neck extensor stretch <sup>[1]</sup> : push head down to stretch back of neck muscles

sternocleidomastoid stretching: side to side and back neck stretching <sup>[2]</sup>

pectoralis major stretch <sup>[1-1]</sup> <sup>[2-1]</sup>: open arms as wide as possible/ move body in opposing direction to one arm (stretch chest muscles)

Deep neck flexor strengthening <sup>[1-2]</sup> : lying down with head in the air and trying to give yourself as many double chins as possible via doing chin tucks while trying not raise your head (could also be beneficial for [hyoid bone raising](#))

wall angles and against the wall chin tucks: cant find direct research but a lot of people online recommend.

forward shoulder shrugs (weighted): pull with the shoulders not with the wrists, up and forward<sup>[3]</sup>



resistance neck raising: light pressure on the forehead, no jaw clenching (need to be able to move head side to side at any given moment)<sup>[3-1]</sup>



[1-3] doing a routine works.

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1. [Effectiveness of an Exercise Program to Improve Forward Head Posture in Normal Adults: A Randomized, Controlled 10-Week Trial: Journal of Manual & Manipulative Therapy: Vol 13, No 3](#) ↔ ↔ ↔  
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  2. [Evidence-Based Corrective Exercise Intervention for Forward Head Posture in Adolescents and Young Adults Without Musculoskeletal Pathology: A Critically Appraised Topic - PubMed](#) ("The supine chin tuck and a sternocleidomastoid stretch were utilized in all 3 studies, while scapular retraction and a pectoralis stretch were included in 2 of the 3 studies.") ↔ ↔
  3. [How I Fixed My Terrible Posture - 5 Habits](#) ↔ ↔