

Headaches Posture Cervical Spine

Chapter 1 : Headaches Posture Cervical Spine

One patient's experience: overcoming chronic neck pain when surgery is not indicated and other therapies don't help. understanding postural causes and a unique exercise fix

The natural, good curve in your neck can be lost due a number of factors. usually, it's due to a combination of macrotraumas (large traumatic events like falls, car crashes, accidents, and surgeries) and microtraumas (small, repetitive motions we do every day, like working on a laptop with our head down, or studying hunched over a desk).

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Did you know that... your thoracic spine plays one of the most vital roles in maintaining your posture? in fact – it is absolutely impossible to attain the ideal posture if the thoracic spine is not addressed.

The human head weighs about a dozen pounds. but as the neck bends forward and down, the weight on the cervical spine begins to increase. at a 15-degree angle, this weight is about 27 pounds, at 30

What is neck pain (cervical pain)? the cervical spine is a marvelous and complex structure. it is capable of supporting a head weighing 15 or more pounds while moving in several directions. no other region of the spine has such freedom of movement. this combination however, complexity and mobility

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