

## Effect of forward head posture on thoracic shape and respiratory function

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As smartphones and tablets have crept into our daily life, the structural and functional effects of these devices are starting to take shape. Tech neck and postural changes due to forward head posture have increasingly become a painful reminder of our technology-driven modern world.

Interestingly, researchers have also discovered decreased lower thoracic mobility can accompany forward head posture along with increased compression on the cervical facet joints. These spinal dysfunctions are challenging to treat with traditional medical management.

With a comprehensive rehabilitation program consisting of active care, postural strengthening exercises, and gentle spinal manipulation to increase mobility; we have seen fantastic results treating patients suffering from the effects of forward head posture and other postural issues.

Whether it's decreasing pain, enhancing quality of life, or improving respiratory function as this study suggests, we appreciate every opportunity to improve the lives of the people in our community.

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*"Forward head posture (FHP) increases compressive loading on tissues in the cervical spine, particularly the facet joints and ligaments. In addition, FHP greatly influences respiratory function by weakening the respiratory muscles."*

*"A critical finding in the present study was that the shape of the thorax was significantly changed by FHP. FHP induced expansion of the upper thorax and contraction of the lower thorax."*

*"Our results revealed that the shape of the thorax changed and that respiratory function decreased with FHP, relative to NHP (neutral head posture) in the same person (even among participants without neck pain)."*

