

Medical Findings Related to Proper Spine Position

“Forward head posture leads to long term muscle strain, disc herniations, arthritis, and pinched nerves.”

- The Mayo Clinic, Nov 3rd 2000

“For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds.”

- Kapandji, Physiology of Joints, Vol 3.

“Loss of the cervical curve stretches the spinal cord 5-7 cm and causes Disease.”

- Dr. Alfred Breig, Neurosurgeon and Nobel Prize Recipient

“90% of the stimulation and nutrition to the brain is generated by movement of the spine.” Additionally, “90% of the energy output of the brain is used in relating the physical body to gravity. Only 10% has to do with thinking, metabolism, and healing, so when you have forward head posture your brain will rob energy from your thinking, metabolism, and immune function to deal with abnormal gravity/posture relationships and processing.”

- Dr. Roger Sperry, Nobel Prize Recipient for Brain Research

“To live a long, active, energetic life, few things matter more than good posture.”

- Rene Calliet MD

“Posture effects and modulates every physiologic function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the most easily influenced by posture.”

- American Journal of Pain Management, 1994;4: p36-39