

Forward Head Posture

This shows the changes to the muscular suspensory system of the larynx caused by what physiotherapists call Forward Head Posture (FHP). This affects the functioning of swallowing and the vocal mechanisms, etc.

FHP is not to be confused with what Alexander talked about when he said, “neck free to let the head go forward and up”. Here, “forward” refers to a subtle forwards “Yes” nod of the head on top of the spine at the atlanto-occipital joint to prevent what he described as “pulling the head back and down”. The pull back and down is indicated by the red arrow added to the second illustration.

Poking the head forward as in FHP is accompanied by a general “pulling down” in the front of the torso and a consequent shortening in stature. Hence, the subsequent direction to “think up” or maybe “think tall”.

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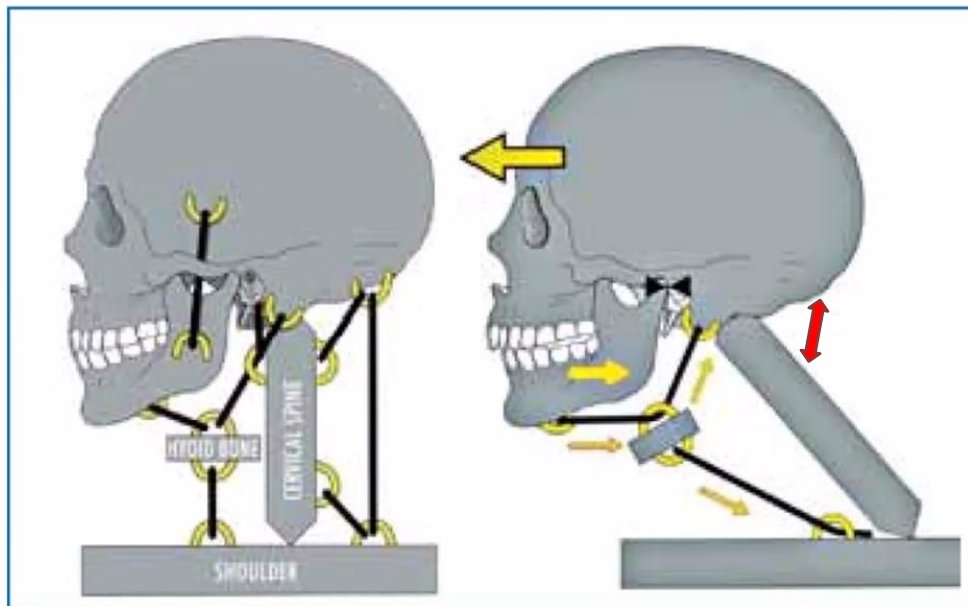


FIG 1 - *Muscle postural chain*