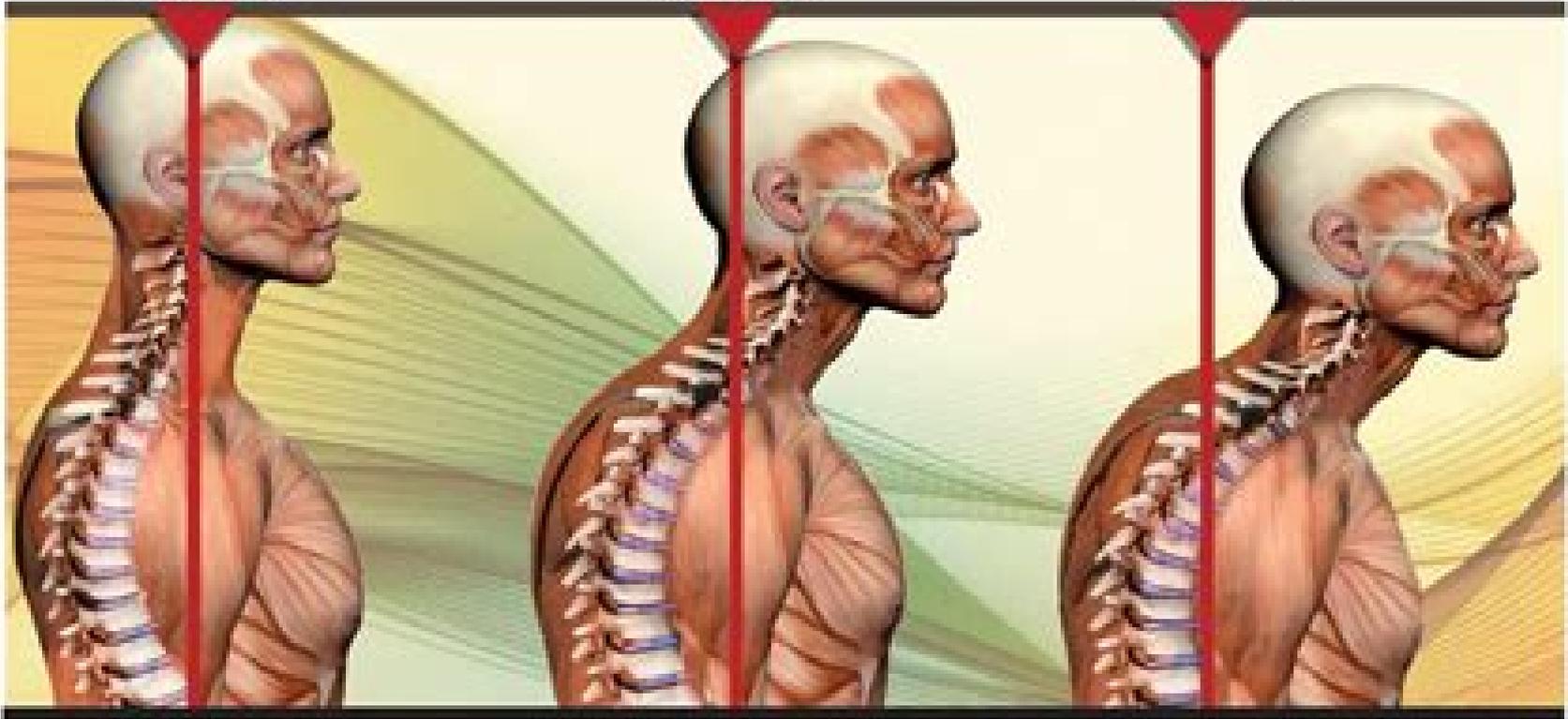


# How Heavy is Your Head?

12 lbs.

32 lbs.

42 lbs.



NORMAL POSTURE

2 INCHES FORWARD

3 INCHES FORWARD

## 42 Pound Head

*"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

# Forward Head Posture Correction Posture Direct

**Ensheng Dong**



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