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“Optimal Patient Outcomes through Accurate Injury Assessment”

Dr. Cailliet reached the following conclusions regarding mechanical derangement of the hard and soft tissues of the spine and the patient’s posture:

1. Lordotic curves of the cervical spine are necessary for normal spinal function
2. Normal lordosis is lost in both the cervical and the lumbar spine when the patient has forward head posture, which in turn mechanically block optimal spinal function
3. Forward head posture with loss of cervical lordosis blocks normal spinal function causing a increase in discomfort and pain. Normal movement of the first four vertebrae of the spine is necessary to produce the stimulus of endorphin production by the brain and spinal cord. With inadequate endorphin production. Many otherwise non-painful sensations are experienced as pain.
4. Head forward posture can add up to 30 lbs of abnormal leverage on the spine, therefore, abnormal position of the head can pull the entire spine out of alignment.
5. FHP and loss of cervical lordosis results in the loss of vital lung capacity. Lung capacity is reduced by as much as thirty percent. **Shortness of breath can lead to heart and blood vascular disease.**
6. The entire gastrointestinal system is affected, particularly the large intestine. **Loss of good bowel parastolic function and evacuation are a common sequel to FHP** with loss of spinal curves.
7. FHP alter head spine posture and stance as well as, one’s gait and body motions. One becomes hunched. The entire body becomes rigid and all body motions are lessened

For more info go here:

http://www.chiro.org/LINKS/Forward_Head_Posture.shtml

To demonstrate forward head posture to the patient in and ROF. This is utilized to give them the reality of spinal misalignment.

