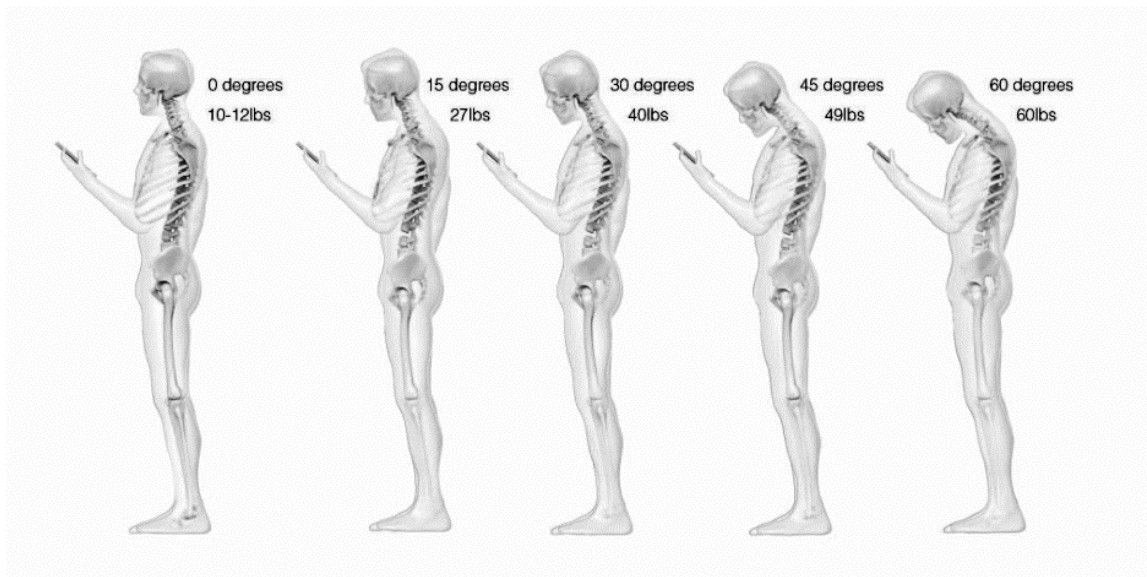


Negative Z Exercises

Another common cause of chronic neck tension is anterior head translation. This is when your head starts to inch forward on the shoulders, increasing the strain on your neck and upper back. Over time, this results in loss of the natural curve in the spine which can cause earlier onset of things like degenerative disc disease and osteoarthritis. It is a condition becoming more commonly known as “tech neck” and it can lead to large bone spurs on the back of the skull if allowed to progress unchecked. Here is an example of how increasing the degree of anterior head translation causes increased stress and strain on the neck and shoulders.



This is also becoming a much more common and significant issue for children and teens. As they continue to spend more time with technology, we are seeing these types of changes occur at younger and younger ages. If you have children, start paying attention to their posture and activity. If your children are showing signs of poor posture or complain of things like neck and shoulder pain or regular headaches and migraines, it may be worth having their spine checked. Starting to make some changes in their posture now will help prevent further issues down the line.

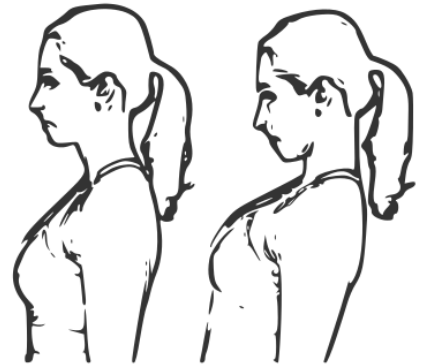
The exercise we are discussing here is designed to begin reversing this anterior head translation. The purpose is to slowly work on getting the head back over center as much as possible. This will help alleviate the tension in the neck and also start restoring that natural curvature in the cervical spine.

Negative Z Exercises

How to do the Negative Z exercise:

This exercise can be completed sitting or standing.

1. Start by making sure your chin is level to the ground (do not tuck chin down or lift it up).
2. Draw your shoulders back and down slightly to get yourself in a better overall posture.
3. Bring your head backwards over your shoulders as far as you can.
4. As you pull your head backward, you should feel some pressure in your neck.
5. Hold for 1-2 to seconds and then relax (do not extend your head forward during relaxation, simply return to normal, upright position).



How often to do Negative Z's:

1. This exercise is to be completed 3 times a day every day.
2. Do 18-20 reps during each session.
3. Feel free to do more than 18-20 at a time and more than 3 times a day.

If you have any further questions, reference the video on this subject for a demonstration. Keep up the great work and the consistency.