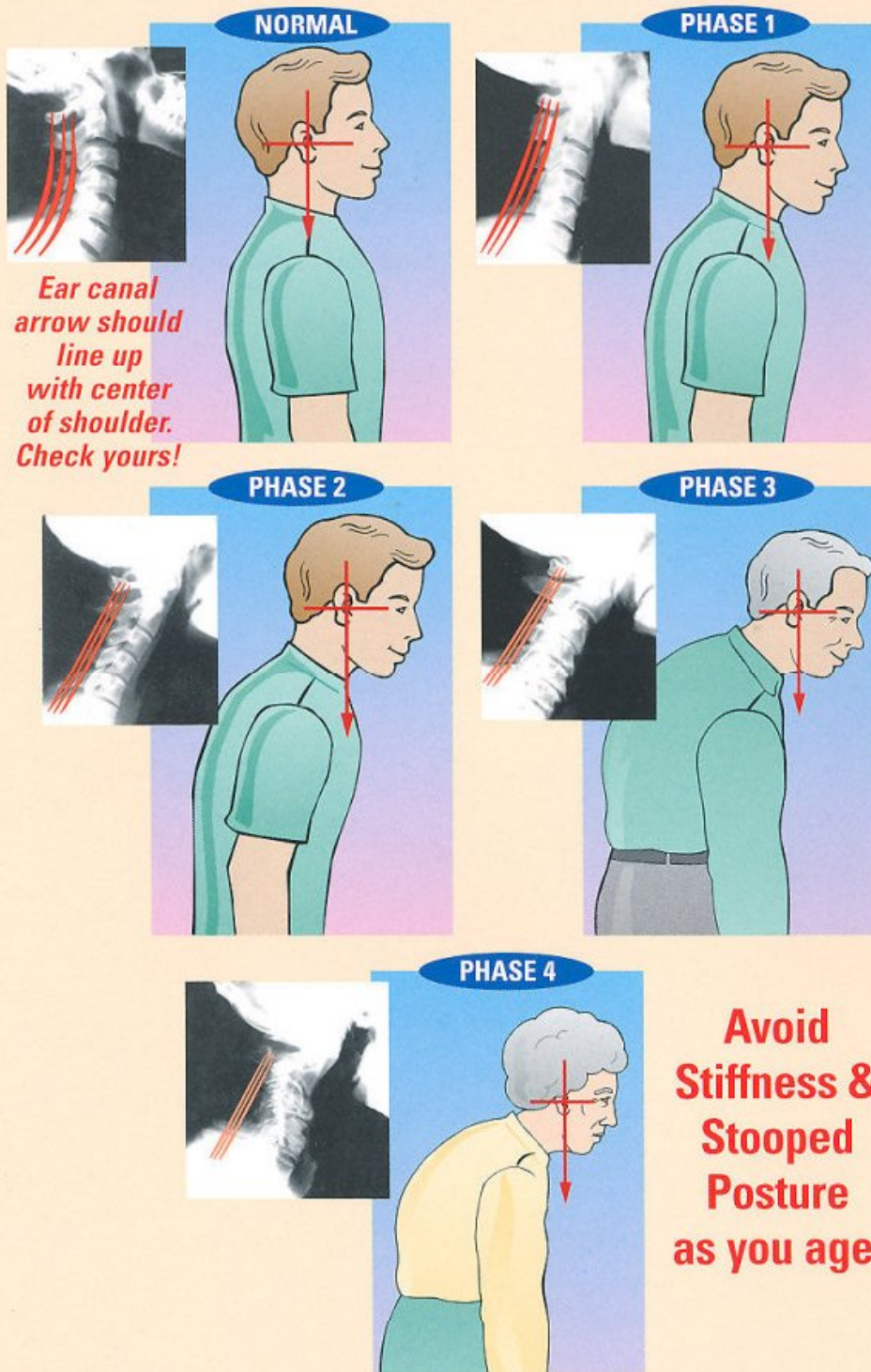
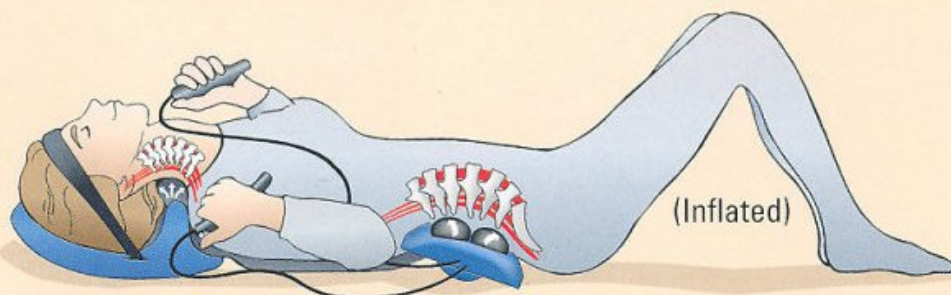


Are you developing Forward Head Posture (FHP)?



What Phase of FHP are you?



Proper Neck and Back curves counteract FHP.