

Posture Fix is Changing how People See Me

1073 upvotes | 19 March, 2017 | by JFMX1996

Hello RP.

Today I wanted to speak to you all of the big difference I've noticed from how people have been treating me lately after I started reading more on human anatomy, biomechanics, and muscular imbalances.

Being 20 years old and almost 3 years into lifting, I've made much progress. My numbers on the PFTs are getting great in terms of push-ups, pull-ups, and so on and also my lifts are progressing fairly well in terms of relative strength if I do say so myself.

However, I started really getting interested in actual biomechanics and reading online about human movement, posture, and others things of that sort. Through this reading online and self-evaluation, I came to the conclusion that I had an **internal rotation of the shoulders** due to an imbalance of my back muscles and chest muscles, a **forward head posture** issue, and an **anterior pelvic tilt** that also through everything even further off balance.

Biomechanics can get pretty complicated, and I am no chiropractor nor a kinesiologist but I believe we can save ourselves a few couple hundred bucks by looking into these issues ourselves and stretching and workout on these issues.

So first off, I started looking into **forward head posture**, which you can get a quick glimpse of [here] (<http://thewellnessbank.com/wp-content/uploads/2014/12/Forward-Head-Posture.jpg>) and also [here] (<https://modernchiropractic.files.wordpress.com/2015/06/head-weight-posture.jpg>).

If you would like a full article on the subject of forward head posture, you can read [here] (<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=54612>).

Next time you're out just look around. Most people from looking down at their phones all day, sitting around on their computers, or watching TV and looking down at desks have developed this problem.

Some YouTube videos on the subject that helped me out in fixing it:

[Fix Ugly Forward Head Posture] (<https://www.youtube.com/watch?v=htuCUJmfsdw>)

[Corrective Exercise for Forward Head Posture and Upper Crossed Syndrome] (<https://www.youtube.com/watch?v=JA3O0NVb-sk>)

Doing the stretches from this video made me feel like a damn new man, around the 7 minute mark the stretches begin... [Fixing Forward Head Posture] (<https://www.youtube.com/watch?v=UvTakqZ-9WU>)

Now, for the **internal rotation of the shoulders**. For a long time I thought deadlifts and weighted pull-ups were enough for back, and I half assed the rowing movements and never did barbell rows. I got to the point where I was getting compliments on my back being shredded and was benching twice my bodyweight, but the stabilizing muscles that pull the shoulders back were too weak and resulted in me having a bad posture. Strong front delts, weak rear delts=bad. You look submissive when you're hunched over and kind of like a little chimpanzee more than a strong man. A lot of people simply tell you to try and roll your shoulders back, but this often dismisses the actual underlying problem and gives you a quick fix. We have to put conscious effort into strengthening the weak muscles and fixing the muscular imbalances compromising our structural integrity.

I started incorporating rows and learning to do the movement properly, instead of just throwing weight around and pulling the barbell to to my stomach without proper muscle contraction.

Instead of thinking of your hands pulling a barbell to your stomach with barbell rows or any rows, think

of your elbows touching behind your back. Don't forget to retract your shoulders and squeeze as you do.

Check this video out: [7 Dumbest Barbell Bent Over Row mistakes]

(<https://www.youtube.com/watch?v=WkmlAp776Bk>)

In this Athlean-X video, he has a good point of not simply pulling your shoulders back, but thinking of your sternum as a glass of water. Thinking of your chest as like an empty space, like a microwave, and thinking of keeping it straight up so that no water spills is a much better cue. Keeping the sternum upright will lead to your shoulders naturally rolling back so that your thumbs point straight ahead of you.

[Perfect Posture in 5 steps] (<https://www.youtube.com/watch?v=TQqgf8kB6R8>)

Great, now we're looking good!

Our last little issue: **anterior pelvic tilt**.

Here are some quick pictures to give you an idea of what it is: [example 1]

(<http://www.somastruct.com/wp-content/uploads/2012/07/anterior-pelvic-tilt.jpg>) and [example 2]

(<http://dannykennedyfitness.com/wp-content/uploads/2016/04/Anterior-Pelvic-Tilt.jpg>)

This definitely isn't an optimal position, it causes your but to stick out, along with your stomach and gives you a very awkward look. This is also very common.

Here's a good article explaining the whole issue and its causes with some videos of corrective exercises and stretches you can do. [4 Great Exercises for Correcting Anterior Pelvic Tilt]

(<http://www.somastruct.com/4-great-exercises-for-correcting-anterior-pelvic-tilt/>)

Alright RP, these are some common muscular imbalances and issues people have with posture. When I fixed these on myself, I had people constantly telling me I look buff as hell and that I beefed up out of nowhere. In reality, all I did is change my posture and fix some underlying issues. Quick fixes of just being told to tuck your chin in and pull your shoulders back often aren't enough, and with the complexity of the anatomical network one can find himself feeling very confused as to what to do. Luckily, we have the internet and sites like YouTube to guide us.

After fixing this, I noticed people treat me a lot differently. I believe it's that difference between feeling really confident inside and also being able to portray it with a powerful, strong way of carrying yourself that signals good health, strength, and confidence. I'm getting a lot more looks from people in the gym and approaches by girls.

I hope this has been a great help to you all and will take the necessary steps to correcting these issues to not only prevent injuries or degenerative issues down the road, but be able to portray the attractive, strong, masculine figure that you all are.

Edit: March 20, 2017:

Some of you guys have been messaging me on further ideas for the forward head posture issue, I came across a good page with a few corrective exercises and ways to strengthen certain muscles, which you can check out [here] (<http://posturedirect.com/forward-head-posture-correction/>). Another good page is [this one] (<http://www.lumobodytech.com/blog/how-to-prevent-and-correct-forward-head-posture/>).

Some of you may benefit from learning to sit properly at your desk jobs by observing [proper desk posture] (http://share.upmc.com/wp-content/uploads/2014/05/CRS412054-posture-illustration_v5.jpg) and preventing [this position]

(<http://neurohealthchiro.com.au/wp-content/uploads/2015/12/bad-posture-guy-desk-300x190.jpg>) which may have lead to you guys having developed forward head posture.

Also, take a look at proper ways of holding your [smartphone and browsing]

(<http://cbsnews2.cbsstatic.com/hub/i/2014/11/21/d1309389-7734-48be-b321-74a530368141/43a07381556f4e85746147fe16136542/bad-posture-620w.jpg>), some of you guys do this for hours at a time so it is

worth a look. You may have to hold it a little higher and rely on using your eyes more, so it will feel a bit awkward at first but remember it's worth it, for your spine's sake. Otherwise, sitting like [this guy] (<http://i2.cdn.cnn.com/cnnnext/dam/assets/120919070215-text-neck-forward-head-posture-story-top.jpg>) for extended times is going to wreak havoc on your neck (as you may be doing right now). If that doesn't put it in perspective, [check this out] (<http://healthyhabitshub.com/wp-content/uploads/2015/03/posture.png>).

Remember, we may be correcting years of bad postural habits. Depending on how progressed your issues were, it may take a little more persistence and work through muscle releases and development of underdeveloped muscles. The key is to be consistent with it and be patient, and the proper posture will start coming to you. Constantly checking yourself throughout the day and getting in proper posture when you catch yourself slouching or tilting down or staring really low at your phone is a must, but it will become natural to you eventually. Best of luck.

Archived from theredarchive.com

Comments

abstractplebbit • 84 points • 19 March, 2017 07:34 AM

I don't want to detract value from OP's effort behind this, but it sounds like he just started reading the book "Becoming a Supple Leopard"

If anyone wants to become an expert on this stuff you can find the book online for free.

I highly recommend it

JFMX1996 • 28 points • 19 March, 2017 07:39 AM

You know, I might check that book out, I don't believe you're the first to mention it. I think a guy on my last post also said something among those lines.

I'll definitely check it out soon, thanks for the recommendation.

abstractplebbit • 21 points • 19 March, 2017 07:51 AM

You're very welcome. I didn't mean to sound like I was calling you out or anything but I was very intrigued by the striking similarity between aspects of your post and the things I've read in there. Maybe it's just the relationship between all of the same concepts but also the metaphor about the chest/pelvic floor being parallel aligned bowls of water

If you arrived at this content independently of the book then I have to say I have a lot of respect for you because that book is a gold mine of this information, that really should be taken more seriously by everyone. You're a good man for spreading the wisdom. You would absolutely love this book and I'm pleased to have the honor of introducing it you

Our body is the only thing we really have in this life Take care of it and it will take care of you until the end

[deleted] • 8 points • 19 March, 2017 12:07 PM

There is some stuff in there thats bogus too, Kelly Starrett is great but he is also somewhat of a snakeoil salesman. For example, a little bit of anterior pelvic tilt is not at all bad. Look at olympic sprinters, none of them have a neutral pelvis, because an anterior tilt creates leverage that makes you great at sprinting. Then you look at Rugby players, most of the heavy guys have internal rotation of the shoulder and some thoracic hunching, its just impossible to compete at the highest level without these competitive advantages. For amateurs and people just trying to look good though, an optimal posture will add tons of SMV. Look at actors, they all have great posture.

abstractplebbit • 6 points • 19 March, 2017 12:26 PM

How does that make him a snake oil salesman?

He isn't selling you anything other than how to preserve your mobility

[deleted] • 6 points • 19 March, 2017 05:55 PM

Poor reading comprehension, I didn't say Supple Leopard made him a snakeoil salesman, I said he was a little bit of a snakeoil salesman. The fact that he sells left-overs from barbell production as "mobility devices" is one such instance, you could do the same thing with a broom for 1 dollar.

Polishrifle • 3 points • 19 March, 2017 06:15 PM

I agree. Some of the stuff he pushes is just ridiculous. Like this thing:

<http://www.roguefitness.com/rogue-fidget-bar?gclid=CJi3vpyW49ICFUU9gQodE8sK3A>

Then some of the stuff he sells are actually worth the price, like the Supernova balls.

Those things are a god send for myofascial release.

[deleted] • 3 points • 19 March, 2017 10:53 PM

Totally agree with you, I have the Gemini and his Floss Bands, solid products that he pioneered the use of. The other stuff is basically Rogue Fitness saying "Hey, we can use Kelly Starrets name to sell off the scrap left over from our production failures"

Jimbeamblack • 1 point • 19 March, 2017 02:58 PM

I think it makes sprinters better because they can apply force over a longer distance. That's the same reason gymnasts generally have anterior pelvic tilt.

Somewhat of internal rotation and hunched thoracic isn't terrible, it's the thought of what it can lead into. For instance, keeping the shoulders back when pushing gives better resilience to the shoulder. If you're benching and your shoulders come forward, you could tear your rotator cuff. Generally, that only happens when you are benching near your max or at the end of a set, but it's still a risk that can happen.

100% agree that if you care about performance in the moment, it might not be the book for you. Longevity though.. that's another story entirely. Obviously they want it for the next 8-12 years, and that's definitely possible. It's also probably the reason many athletes are more "broken" later in life

[deleted] • 2 points • 19 March, 2017 10:57 PM

Time will tell! He is working with a lot of athletes, but I honestly haven't heard of any major things. It's sort of like cheating on a deadlift, if you round your back, you can lift more weight, but it is not safe or advisable for 99.9% of people. It's just one of these things where if you are a professional and you can trade 1 back-disc for a 100 million career, go ahead.

[deleted] • 1 point • 23 March, 2017 10:44 AM

this is the difference between mechanical advantage and efficiency; an anterior pelvic tilt doesn't make any athlete "better", the tilt is a function of the sprinting task and the fact that the force vector is directed behind their COM so they are essentially falling over. yet sprinters are also notorious for having tight hamstrings, which means they don't have an anterior pelvic tilt, it's just that the pelvis naturally tilts when sprinting to maintain directional force production

CQC3 • 1 point • 20 March, 2017 08:15 PM

That's something of a poor comparison. The adaptations that sports players have are NOT natural postural modes of being. You ever see a baseball player's body? The dominant side is so overwhelmingly powerful compared to the other that they often get completely fucked up due to the asymmetry.

A great distinction is that a rugby player's internal rotation is still operating at a greater overall strength level. Their backs aren't weak, it's just that their anterior side is stronger. Whereas someone sitting all day slouched over in front of a computer has a poor posture very directly

related to *muscle weakness*.

I agree otherwise though, you don't need to have insanely perfect posture, as you said a little ATP is fine--even natural (some people have varying levels of tilt that are natural).

[deleted] • 3 points • 19 March, 2017 08:36 AM

that was me. I have/had snapping triceps and some guy elsewhere said that's what he used to help the issue, though it didn't fix it. Look up some of Kelly Starretts videos and do some of the stuff he talks about. It's amazing.

[deleted] • 1 point • 20 March, 2017 03:49 AM

any examples or suggested videos?

[deleted] • 1 point • 20 March, 2017 08:38 AM

Sorry for getting back to you so late, but try this. Flossing would be the easiest thing to start on without having to invest money. You can buy a "VooDoo floss band", or as he says in his book, you can go buy a bike tire tube, cut it into a cylinder, then split it down the middle into a strip.

You can use a single band to do shoulders, elbows, wrists, and ankles for joints, and tris/bis, forearm, calves (these are AMAZING after a heavy day on calves), and quads/hams. For joints they do their magic (Because I literally have no idea whats going on with them other than myofascial release) and instantly improve mobility after working through the joints ROM. For muscles groups, it's great for getting rid of uncomfortable pumps and pushing the lactic acid out of the muscle if you really hammered it that day.

Note: you can look up videos of how to wrap the other joints (you'll need two bands for the knee), and Imo muscle groups are self explanatory.

Addition, when I was working out at a small community gym, I met their PT there who kept in contact with former athletes he worked with. He was saying how one of these guys was in D1 Baseball, and they would use this in part of their physical therapy. It works, it's just not huge yet. Trust me.

abstractplebbit • 4 points • 19 March, 2017 07:57 AM

Hey I actually have the PDF on my computer would you like me to send it to you?

Radinax • 3 points • 19 March, 2017 04:20 PM

Can you please send it to me?

ilikemychickenfried • 3 points • 19 March, 2017 07:32 PM

Me too please, if you wouldn't mind!

abstractplebbit • 2 points • 21 March, 2017 08:14 PM

i would love to share it with you but will need your email address. its a big file

ilikemychickenfried • 1 point • 21 March, 2017 08:17 PM

Excellent, thank you so much. I'll pm it to you

royallprick • 2 points • 19 March, 2017 09:04 PM

if you don't mind I'd love a copy as well!

TravisScottisLaFlame • 1 point • 18 April, 2017 12:38 PM

"Becoming a Supple Leopard"

Could i get a copy as well as i cannot find any online

Sighters • 6 points • 19 March, 2017 06:39 PM

as i posted previously, kelly starrett's biomechanics and ideas are pretty outdated in the fitness industry. look into Dr. Stuart McGill, Robert Palka, Lars Avemarie, and Tony Gentilcore.

cavalone • 2 points • 19 March, 2017 08:33 PM

I'm checking this book out. Very nice read. If anyone is interested, the pdf should appear as first result on a google search. The author's name is Kelly Starrett, by the way. I have read some specialized books on the field of biomechanics, and for practical purposes, this seems more efficient.

[deleted] • 2 points • 20 March, 2017 06:18 AM

How easy is the book to digest for someone who doesn't have a degree in how the body works? I like Starrett's videos, but sometimes he starts talking and just starts throwing out names of various stuff inside the body, and I can see what he is doing, but have no idea what he's talking about, so some of the value is lost.

Battle-Scars • 85 points • 19 March, 2017 04:31 AM*

I had posture and body mis-alignment issues due to motorcycle and football injuries. I spent about 5 sessions with a Rolfer and the results were amazing. Way better mobility, no more pain and I regained an inch in height. Can't stress how important good posture and body movement is for your health and your SMV.

dub121686 • 29 points • 19 March, 2017 01:26 PM

Excuse my ignorance. What is a Rolfer

Battle-Scars • 26 points • 19 March, 2017 02:16 PM

Rolfing is the manipulation/massage of deep muscles, connective tissues, and bone alignment.

CHAD_J_THUNDERCOCK • points • 19 March, 2017 02:04 PM **[recovered]**

I think he means a foam roller.

macandcheesehole • 13 points • 19 March, 2017 03:04 PM

I think he actually does mean Rolfing, my massage therapist uses the technique on me. I love my foam roller, but my saving grace is my Inversion Table. I have been using for 2 months, and I have gained 1/2 an inch in height and have lost a lot of neck pain.

Just_Automate_IT • points • 19 March, 2017 03:36 PM **[recovered]**

How long do you typically stay inverted?

macandcheesehole • 3 points • 19 March, 2017 06:36 PM

Building up to 20-30 minutes a day. It takes a little while to get over the foot pain. Shoes and thick socks help. Also, there is a "limiting" adjustment on the table, so one does not have to go

totally inverted; the limiting belt can be lengthened over time to give full inversion.

Brewjo • 22 points • 19 March, 2017 10:00 AM

To add, there is always 'The Alexander Technique' used by actors ect. to get good posture and stage-voice. Then Esther Gokhale has some pretty amazing stuff as well. If your back is killing you right now, do her stretch-lying technique (amusing you don't have a damaged disc or major mechanical injury) in about 20 minutes you'll be pain free.

resolutions316 • 4 points • 19 March, 2017 02:52 PM

Huh - I never thought of applying Alexander technique off stage, that's a super interesting idea.

Laserman422 • 18 points • 19 March, 2017 10:19 AM

Face pulls do wonders for people who have rounded shoulders.

JFMX1996 • 6 points • 19 March, 2017 10:22 AM

Gotta love that rear-delt pump they give.

Mikey0 • 11 points • 19 March, 2017 06:02 AM

Thank you for this post, I have very bad posture, head tilt and will read every link you posted and start these exercises asap. Been wanting to look into this but was lost on where to start.

dub121686 • 22 points • 19 March, 2017 01:27 PM

I enjoyed this post, the tone is different than most on TRP as it is very constructive. It has inspired me to try harder on my posture than I already am and identified things I really had not considered besides "sit up straight"

[deleted] • 1 point • 23 March, 2017 10:55 AM

If you only every consider the things you know/thought of previously then you will never progress. Its best to assume there is always something youre not considering. Helps keep your mind on the evolving problem

Omnibrad • 9 points • 19 March, 2017 01:09 PM

Very few posts actually make me sit up to read them. Great post.

LordThunderbolt • 9 points • 20 March, 2017 02:22 PM

For those that don't understand or can't visualize what OP is saying, watch this: <https://youtu.be/BIaF0QKtY0c>
It's a clip from one of the classic Superman movies, where Christopher Reeves playing Superman disguised as Clark Kent uses his body language and posture to fool people. With 2 simple changes, he goes from "I'll get you those reports sir, I'm sorry" to "Put on that red dress I like, I'll pick u up at 8. And leave your panties home".

madmike11 • 21 points • 19 March, 2017 04:55 AM

Great post. Also fixing head forward posture is a must for manlets.

JFMX1996 • 7 points • 19 March, 2017 05:07 AM

Haha, definitely. Manlets need to put an extra effort into posture and body alignment. It has a huge effect. Especially since most already have shorter limbs and necks as it is, being just a little off can make you look hunched as fuck.

theONE843663 • 10 points • 19 March, 2017 01:27 PM

The anterior pelvic tilt in my case I found was a result of weak glutes. Started doing hip thrusts and now I'm moving major weight in that lift. Also, big bubble butt.

While you're doing the hip thrust, you have to pretty much consciously posteriorly tilt for a full glute contraction. You do this by keeping your ribs down and look str8 down at your dick when you do the concentric part of the lift.

Great results so far dude.

Koryphae_ • 5 points • 19 March, 2017 06:47 AM

Great post, thanks for bringing this to our attention.

Cesare_MA • 6 points • 19 March, 2017 04:43 PM

The back is IMO the most neglected muscle required for aesthetics. I see guys in the gym pumping out 2 plate for bench then they stand up looking like the hunchback of Notre Dame. I have a good back and a slightly smaller chest and I'd say that's way preferable to bigger chest and smaller back.

JFMX1996 • 1 point • 19 March, 2017 11:45 PM

Definitely. All a learning experience through trial and error. I now wait until my back is bigger before hitting up my chest. So I'll build a little back, *then* build a little chest, etc.

Much better to be on the safer end of things.

frankreyes • 5 points • 19 March, 2017 08:56 AM

After a few months of squats people told me I was taller.

SoulRedemption • 4 points • 19 March, 2017 10:17 AM

Very good post. Definitely useful to many. I personally am suffering from the things you mentioned so I will be looking into this.

facelessbastard • 3 points • 19 March, 2017 11:28 AM

Solid tips right here. Will look into this very soon!

iamanenemy • 3 points • 19 March, 2017 11:44 AM

Great post. I've been working on forward head avoidance myself, but if there is a better way to do it I have no excuse but to incorporate these into my routine. Bookmarking this.

[deleted] • 3 points • 19 March, 2017 12:04 PM

Can confirm, going through the exact same process and it's working!

attohs • 3 points • 19 March, 2017 03:00 PM

I had an anterior pelvic tilt. Fixing it has made me feel taller which has added to my confidence.

<http://www.swolept.com/posts/fixing-anterior-pelvic-tilt-posture-tricks-to-make-your-butt-and-gut-smaller>

Idontlooklikeelvis • 3 points • 19 March, 2017 10:50 PM

Father always tells me to imagine I wear a crown, the upper it stays the more people value you... in those lines anyways.

Shakydrummer • 3 points • 20 March, 2017 07:18 AM

Cheers man. Didn't even notice how bad my head posture was especially. Life changing post

orestis_prs • 2 points • 19 March, 2017 11:15 AM

Have you read becoming a supple Leopard by Kelly Starrett

JFMX1996 • 4 points • 19 March, 2017 11:18 AM

No, but due to the recommendations of fellow RP men in these comments I will!

Sighters • 3 points • 19 March, 2017 06:32 PM*

kelly starrett's biomechanics and ideas are pretty outdated in the fitness industry. look into Dr. Stuart McGill, Robert Palka, Lars Avemarie, and Tony Gentilcore.

orestis_prs • 1 point • 19 March, 2017 07:06 PM

thanks ! Actually I am looking for a complete routine for the whole body , do you have anything like that to suggest? Something that I can do 2-3 per week. You seem that you know your stuff...

crazymoneyzy • points • 19 March, 2017 11:29 AM **[recovered]**

Maybe I missed it because I just skimmed over the write up for now and saved for later, but how much time did it take for you to fix this stuff? Also what was the frequency and times at which you did these corrective stretches?

JFMX1996 • 5 points • 19 March, 2017 12:18 PM

Anterior pelvic tilt was minimized almost immediately through stretching my hip flexors, quads, and abdominals. Also not locking my knees out completely helped a bit. I'd always done quite a bit of abdominal training using things such as planks and side planks, so afterward it was just a matter of consciously contracting them throughout the day and using a cue of thinking of my belly button pointing straight ahead directly at a wall. Later on with a little bit of hamstring strengthening and glute bridges it became habit to stay in a neutral position. To really get rid of the issue, it was a matter of just loosening up a few muscles and activating others through some training, so a few sessions.

The internal rotation was similar, it was a matter of stretching out my forearms, biceps, front delts, and tight chest by a bit of self-massage and then thinking of my sternum. To make it so that it was no longer a conscious effort to constantly remind me to pull my shoulders back, it was a few back training sessions with proper form as incorporated. Also just a matter of activating dormant muscles and strengthening them to pull my shoulders back.

The forward head posture was a bit of a nuisance as I still sometimes have to remind myself and catch myself looking down, but am now aware of it. That one was a same night relief and am still working on building up those muscles to solidify the good posture.

Depending on how bad your imbalances are, it could just be a matter of consciously holding a position and strengthening the muscles required to hold it until it becomes second nature. This could be as little as one training session or a few or if it was really bad, a lot more corrective sessions.

petthepets • 2 points • 19 March, 2017 04:27 PM

I've been working to correct APT for awhile now and, intuitively, your link has the best corrective exercises I've seen for it. Thanks.

The-os2 • 2 points • 19 March, 2017 04:53 PM

This comes at a great time. I've been changing my posture as well but some guidance is always useful. Thanks.

[deleted] • 2 points • 19 March, 2017 05:11 PM

All of OPs suggestions are good. On the other hand, a lot of what he is quoting is body dependent. Each person has different angular alignments of their shoulders neck and arms. Sitting up straight and shoulders back is well evidenced to improve and decrease back pain incidence.

If there are problems with posture a physical therapist or family practice physician are going to be much better long term to see than reading a book. Adductions, natural angular alignments, general flexibility and range of motion are all things that need to be evaluated by a trained professional.

mr-no-homo • 2 points • 19 March, 2017 06:17 PM

I'm a big fan of athlenx channel. Great guy and very valuable informations for injury prevention

[deleted] • 2 points • 19 March, 2017 07:18 PM

forward head posture is the devils curse and will give you neck spasms and disc herniations. especially if you sit at a computer 50+hours a week

[deleted] • 2 points • 19 March, 2017 07:42 PM

Great posture not only helps you appear bigger but also gives the appearance of confidence (and also some postures help to actually increase positive hormonal levels). Keep your shoulders back, head high, and eyes on the prize.

logicalthinker1 • 2 points • 19 March, 2017 08:25 PM

Plus your confidence and testosterone will increase. It's easy to approach a situation if you're walking tall and confident.

[deleted] • 1 point • 23 March, 2017 12:07 PM

Learning how to walk wont do much for the confidence levels.. learning how to admit that they arent who theyre pretending to be would allow them to walk at their appropriate self-confidence level. In that case, at least they will approach the situation with an accurate perception of their personal abilities based upon an honest self assessment of ones own strengths and weaknesses in life. Knowledge is the key, knowledge is the seed that grows confidence. Without it, how could you ever be confident that you actually know the best solution for the situation.

You guys are forgetting that you need to tell your body to walk before it even begins to move; you cant physically train someone who was never mentally prepared/equiped to handle the situation. Real men react to situations as reflexive responses which means they act on their innate instincts based upon their knowledge of potential outcomes and the consequences of those outcomes. With that being said, instincts are something you either have or you dont (and may be developed to an extent, still cant teach a horse to drink though). Its truly time to separate the men from the boys; if someone has been a bitch their whole life then its going to take more than just postural adjustments to figure out where their masculinity/confidence/leadership qualities are hinding (which sounds like more of a personal problem than a musculoskeletal one to me.

[deleted] • 2 points • 19 March, 2017 09:31 PM

Seeing old-school Elliot is refreshing

slymedical • 2 points • 19 March, 2017 10:33 PM

Key to any posture fixes is to do the exercises consistently

Blaat1985 • 2 points • 20 March, 2017 07:56 AM

Forward head posture is a pain in the ass to correct. Just doing those stretches alone isn't cutting it for me. I need to be constantly aware of my posture and fix it.

JFMX1996 • 1 point • 20 March, 2017 08:05 AM

Definitely. I'm assuming the 1985 in your username is your birth year, and you're in your early 30's. That's a few more years you've had available to you to be sitting in a less than optimal posture, so it's going to take a bit longer to correct it. You may also need to be doing strengthening exercises for the imbalances, whether it's strengthening the sternocleidomastoids and other parts to compensate for overly active posterior neck muscles.

Also, how are the other parts of your body? Are they aligned? Sometimes the bad looking thing isn't the source of the problem, but just a symptom. Your neck may be compensating because something else is thrown out of whack like an anterior pelvic tilt or the shoulders or even footwear throwing your foot posture and in turn everything else off as well.

Blaat1985 • 1 point • 20 March, 2017 09:06 AM

It's my birthyear yes. I used to have anterior pelvic tilt and rounded shoulders as well, but managed to correct them by stretching and doing a lot of heavy rows, face pulls and reverse flies in the gym.

I do have feet that tend to collapse slightly inward. Could that be a cause this issue persists? Or is the fact that I sit behind my PC 8 hours a day doing a deskjob the more likely reason?

JFMX1996 • 1 point • 20 March, 2017 01:18 PM

Perhaps both, but I'm leaning more towards the options of the desk job being the issue.

Learning to sit with good posture during a desk job will be a necessary step to take as well as proper positioning of your monitor so that the top two thirds of the screen are at eye level like this, preventing you from doing this or this.

Just look at the difference.

Here's another representation of proper desk posture.

And here's another example of bad desk posture.

Now, assuming you work a 40 hour work week, I imagine your neck has had quite a bit of time to get thrown all out of line.

This page here has a bunch of awesome stuff you can do do for your forward head posture.

You will have to put a bit more effort in if you want to fix your neck. It's tempting to try to take shortcuts, but if you really want to fix the problem now (before it gets worse and worse), you should really put the effort in and kill the monster while it's small, otherwise it may progress into a more severe issue that could develop disc herniations and what not.

More extensive myofascial release like those in the traps and sternocleidomastoid muscles, as well as doing chin tucks/chin nods off the side of the bed really did it for me.

S-Blaze • 2 points • 21 March, 2017 09:59 AM*

This is true. And no matter your height if you hold yourself as a champ you will feel and exude strength and

confidence

enditfam • 2 points • 16 April, 2017 08:21 PM

OP. You legend. I always suspected that I had this problem recently while looking sideways in the mirror. Following on EOF the exercises shown in the video has really helped me a ton, and I could notice a difference in posture almost immediately. My neck feels straighter, my shoulders broader. Thanks so much brother. I can't thank you enough.

Internol • 1 point • 19 March, 2017 03:41 PM

Great post, I attribute my good posture to naturally always sitting up straight, even at times when I'm less aware and on auto pilot, such as when i'm driving or on the shitter

lqcnyc • 1 point • 19 March, 2017 06:16 PM

This has me thinking - what is the best technique or method for posture? I've read through and saw Alexander technique mentioned, also saw something about Emily grashkow? Lying stretch technique... I've never heard of these until now.

I ask because recently I've been going to a physical therapist. He has taught me many things about my bad posture and pains which I never knew. I would love to correct my posture the best way possible now.

taoofmojo • 1 point • 19 March, 2017 06:25 PM

You should look into the work of coach summer he is the head coach of the USA junior gymnastic team. Basically you want to do the excise "skin the cat". The first video will help with shoulder being forward <https://www.youtube.com/watch?v=4QyL3cWG1XY>. Then you want to work on the excise bridge <https://www.youtube.com/watch?v=TIAXQhtYtRU> this will help with pelvic tilt.

Skkception • 1 point • 20 March, 2017 12:03 AM

For long how did you exercise to fix your forward head posture?

[deleted] • 1 point • 23 March, 2017 10:22 AM

Now I'm trying to be constructive because obviously, you seem to be interested in this area which is why I'm trying to make easily understood corrections for your thought process. But overall, the biggest problem with this post is your misperception of what an alpha is/what true masculinity is. Your constant need for external validation from people at the gym (in the form of looks, how many new people said you looked shredded, or new approaches by girls) shows you are not an alpha and are simply trying to portray a masculine appearance. If you truly believe this is the difference "between feeling really confident inside and also being able to portray it with a powerful, strong way of carrying yourself that signals good health, strength, and confidence" then id say you have some issues with confidence.

So im sorry to end this like an asshole, but this shit cannot go on any longer. If you people want to become men, if you want to be viewed as a powerful, confident, masculine individual then you need to take a hard, honest look at yourselves, so you can start learning how to actually BE A MAN as opposed to trying to act like one.

The way you continually praised yourself throughout the post made me think I was listening to an Obama speech; do you know why you did it? Because everything you wrote was opinion based on nothing other than shitty lifting experience. Without being able to understand the science you're unable to support your claims with facts, leading you to misinterpret the significance of what you're trying to say. And its because you exhibit undeserved confidence, and your desire to appear masculine is proof that you do not feel like a real man.

There is a major difference between thinking you know something and understanding what it means. If all you

people only care about is "appearing" like men, then you might as well go join a transgender subreddit because unless you're mentally prepared to BE men, your appearance will never be what it seems.

kevandbev • 1 point • 9 April, 2017 09:25 AM

how did you combine it all into a routine ?

fanthor • 1 point • 19 March, 2017 08:25 AM

to fix head posture, do neck curls, gradually curling until you can do it with 20kg plate with reps(and to balance it all out, do neck extensions and lateral flexions)

with the added benefits of making your face looks smaller and you looking more yoked, it also makes your neck stronger.

do it safely, but the neck is one of the fastest muscles you can grow.

JFMX1996 • 1 point • 19 March, 2017 08:36 AM

Agreed. I'm not sure if it's just me that sort of likes seeing my sternocleidomastoid well defined. I kind of use it as a cue when looking in a mirror to make sure I can see them. When my neck is slouching or anything is when they look undefined.

Since I try to grow things slowly in proportion to another (for example, not growing my upper arms too quickly without getting my calves up first), I'm keeping it cool with the whole strong neck stuff. I do lay off the side of the bed with my head hanging off and just do neck lifts with no weights for high reps (trying to aim for 100), and that works quite well.

Once my calves hit a certain point I'll start building up my biceps and when my biceps are bigger and shoulders are as well, I'll start trying to add mass to the neck area. Last thing you want is to have a beastly physique with a pencil neck (like Scooby1961, haha).

J_AsapGemcomment score below threshold • -9 points • 19 March, 2017 05:10 AM

i haven't read your post as yet, i will though but i just wanted to say this is so freaking true... for the pass few days i've been telling myself " walk like a king to attract queens " and that shit works bro girls have been staring me down and looking at me with " fuck me eyes " it changes your game drastically bro. When you have good posture people perceive as someone who has their shit together and has high smv

Battle-Scars • 9 points • 19 March, 2017 05:20 AM

It takes the same amount of time to read his post as it took to write your comment. WTF?