

# FORWARD HEAD POSTURE

---

And the risk of aspiration

## Literature on positioning and swallowing

- Nothing in PT literature
- Addressed in SLP literature, OT literature, Nursing literature
- Also in oral rehabilitation literature

# SLP and OT

- Various head positions are suggested for different swallowing problems
- Chin tuck or chin down “improves tongue base to pharyngeal wall contact, narrows the airway entrance, and puts the epiglottis closer to the posterior pharyngeal wall, thus improving airway protections.” \*

\*Logemann, Rademaker, & Kahrilas, 1993

# Head positions

- Chin down or chin tuck may be related to airway protection
- In most studies there is little information about what chin down or chin tuck really mean anatomically

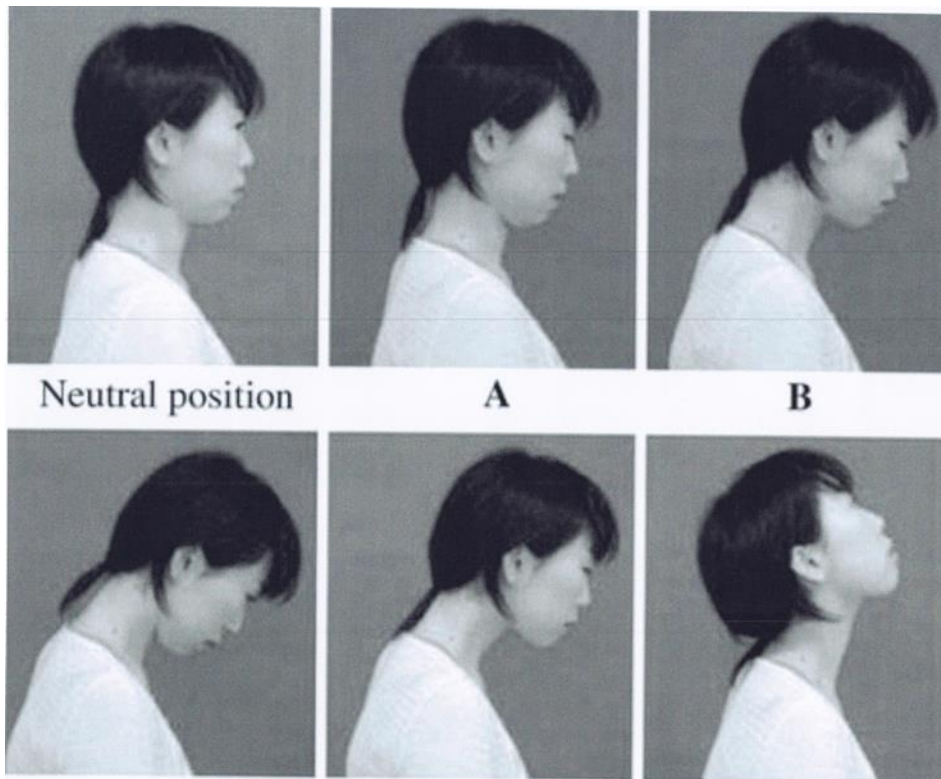
# Identifying head posture

- 12 US SLPs
- 30 Japan STs
- All received specialist training and had worked in the area of rehabilitation of dysphagia
- Okada, Saitoh, Palmer, Matsuo, Yokoyama, Skigeta and Baba: What is the chin-down Posture? Dysphagia 22:204-209 (2007)

## Results

- 58% of US SLPs thought chin-down and chin-tuck were different
- 50% of Japanese STs thought chin-down and chin-tuck were different

# Head Postures



# Results

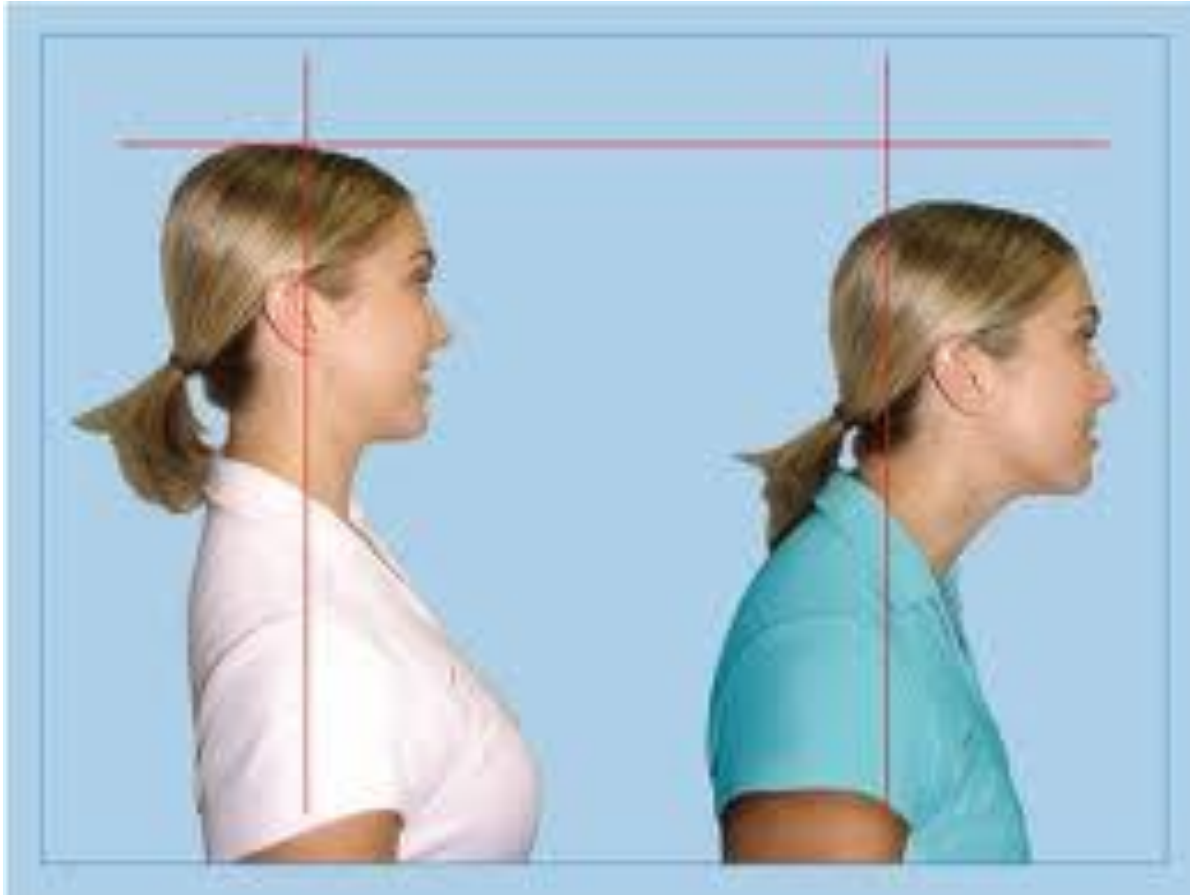
## Head Positions



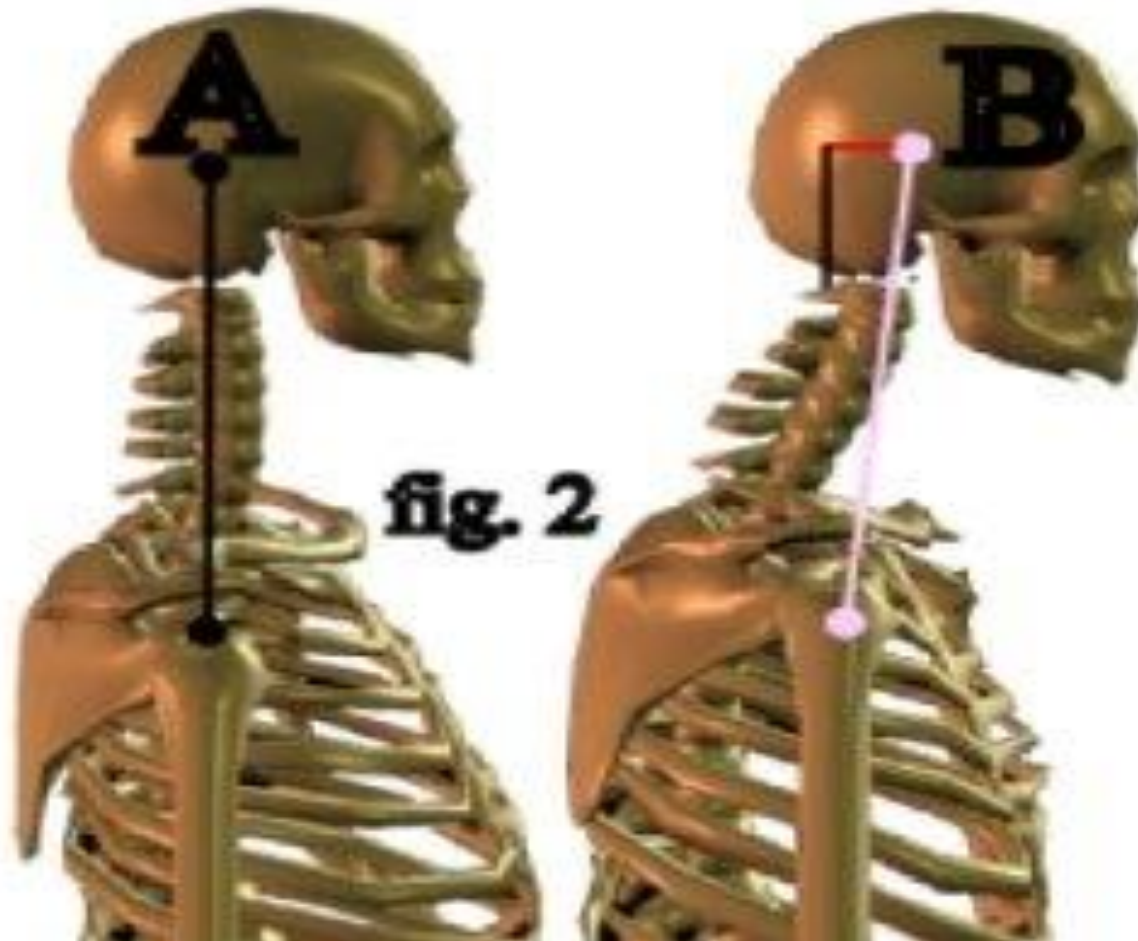
	Chin-down US	Chin-down Japan	Chin-tuck US
HFNF	4	5	2
HF	2	16	3
NF	1	9	0
HENF			1
No answer			1



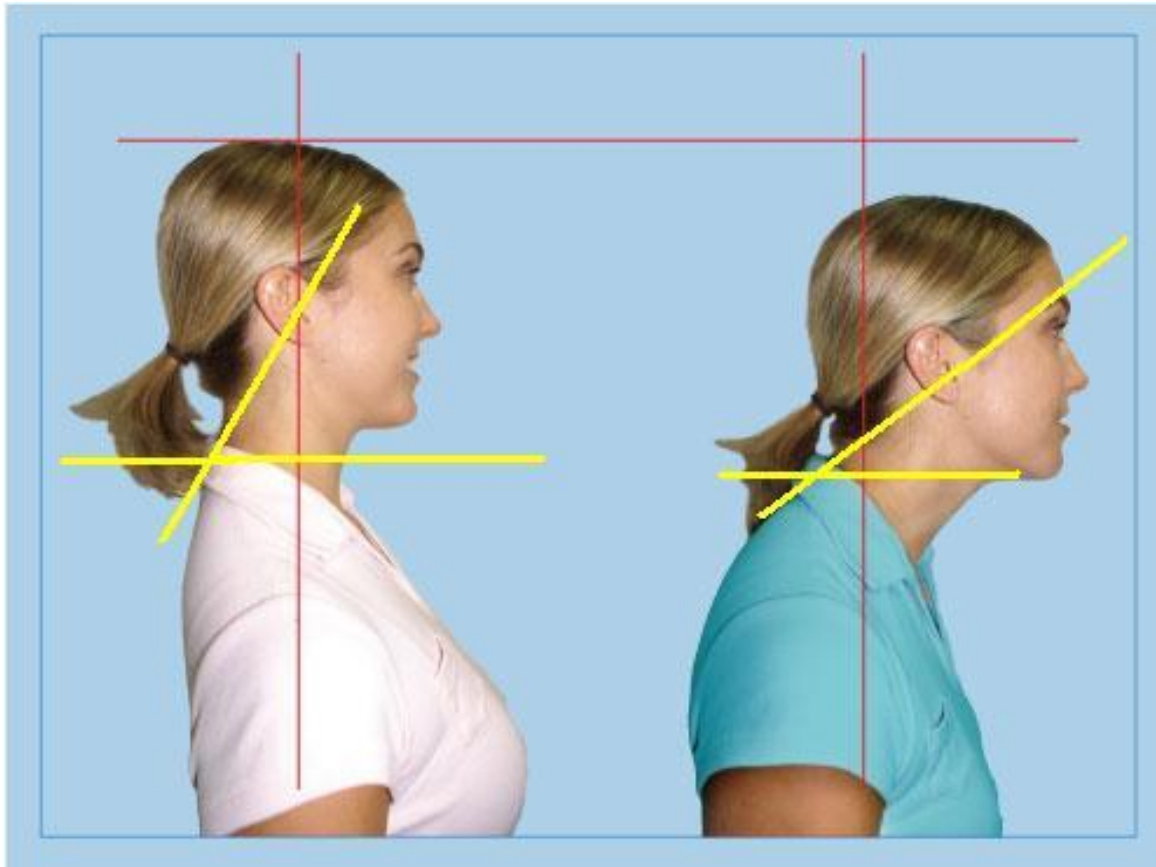
# Forward Head Posture



# Different methods of looking at head posture



# Measuring Forward Head



## Sitting upright

- Generally described as sitting with 90° of hip and knee flexion, feet supported flat on the floor/support, trunk and head in midline, head slightly flexed with chin down\*

\* The Joanna Briggs Institute for Evidence Based Nursing and Midwifery, Volume 4, Issue 2, 2000

# Sitting up straight

videojughealth



# Feet flat on the floor





# Lateral view

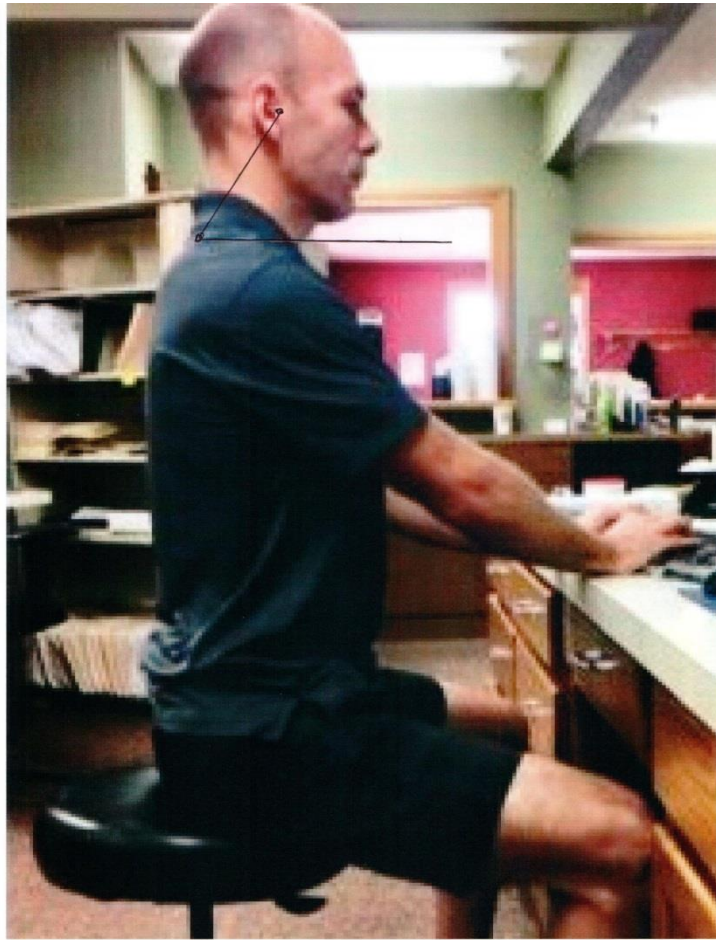


# 40 Degrees

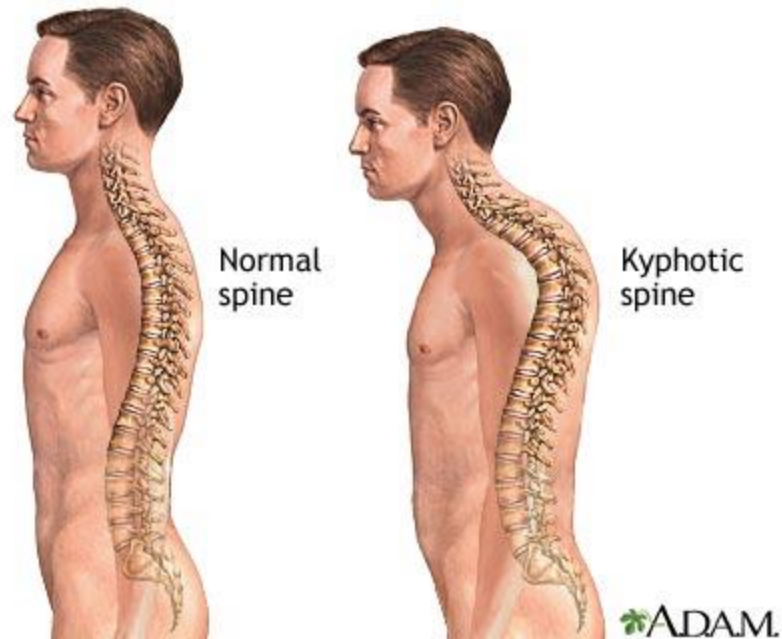




# 60 Degrees



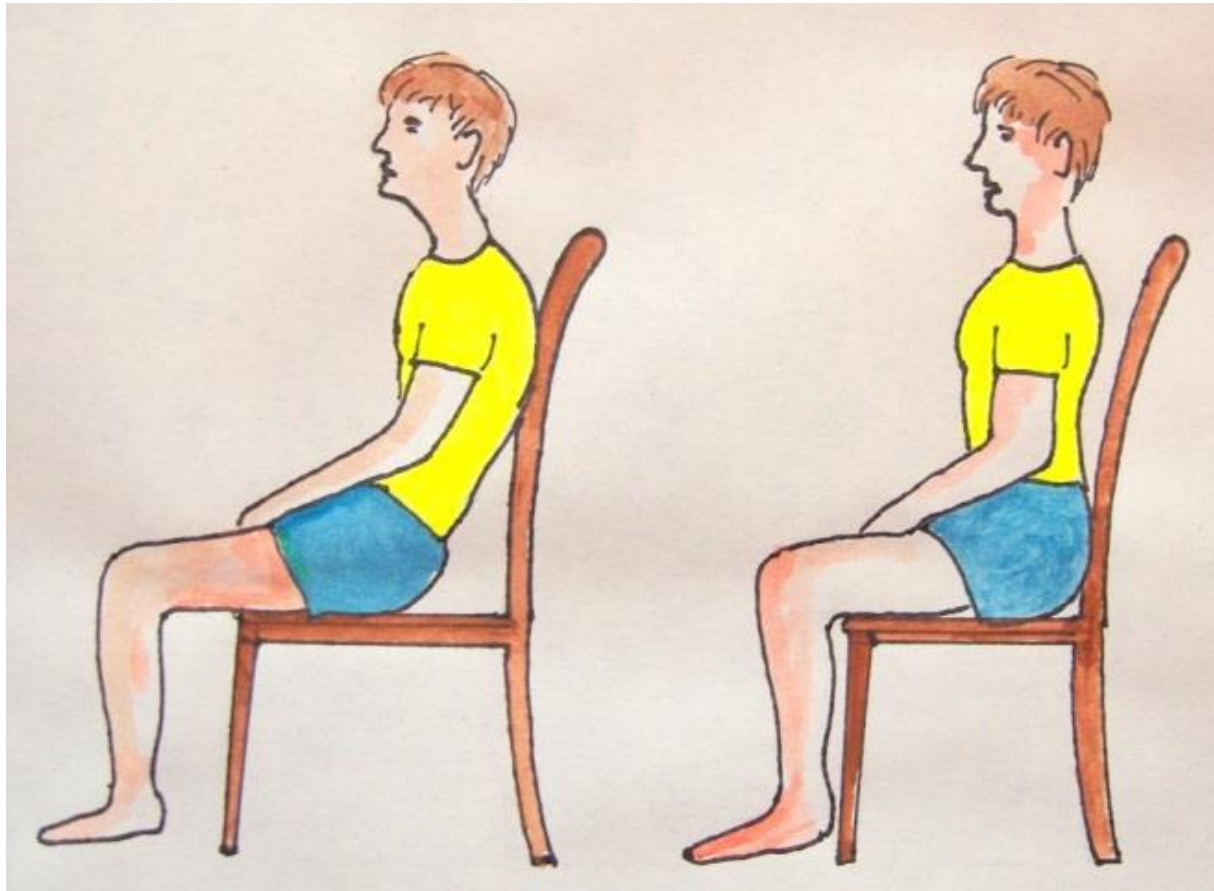
# Kyphosis



# Kyphosis



# Proper head posture requires proper pelvic positioning



- Not always 90 degrees

Proper  
head  
posture  
requires  
proper  
pelvic  
positioning

