

# NECK TUNER



## WHAT IS *FORWARD HEAD POSTURE*?

Forward head posture is a common postural dysfunction, where your head and neck stick forward, usually accompanied by rounded shoulders. Because of the rising popularity of media devices such as smartphones and computers, frequent users often exhibit incorrect posture.



## HOW DOES THE *NECK TUNER* HELP?

The Neck Tuner is specifically designed for people with forward head posture and/or painful-stiff necks. It is designed to help reduce forward head posture by strengthening the neck muscles to allow for better alignment. This in turn will improve posture, positioning, strength of neck and shoulders, which can help reduce pain/ stiffness and improve movement/ function.

## HOW DO I USE THE *NECK TUNER*?

Place the neck tuner at the base of your neck. Grab both handles and slowly straighten your arms forward so that your arms are at chest height. Slowly translate your head backwards into the band whilst extending your neck to approximately 30 degrees. Hold this position. We recommend 1 minute for 3 sets.

For video check out: <https://vigourone.com/user-guide/>



## WHAT NOT TO DO

Three common mistakes that occur while using the Neck Tuner:

1. Shrugging shoulders, make sure you keep shoulders down and relaxed
2. Hyperextending neck or looking up too much
3. Leaning backwards or extending in lower back