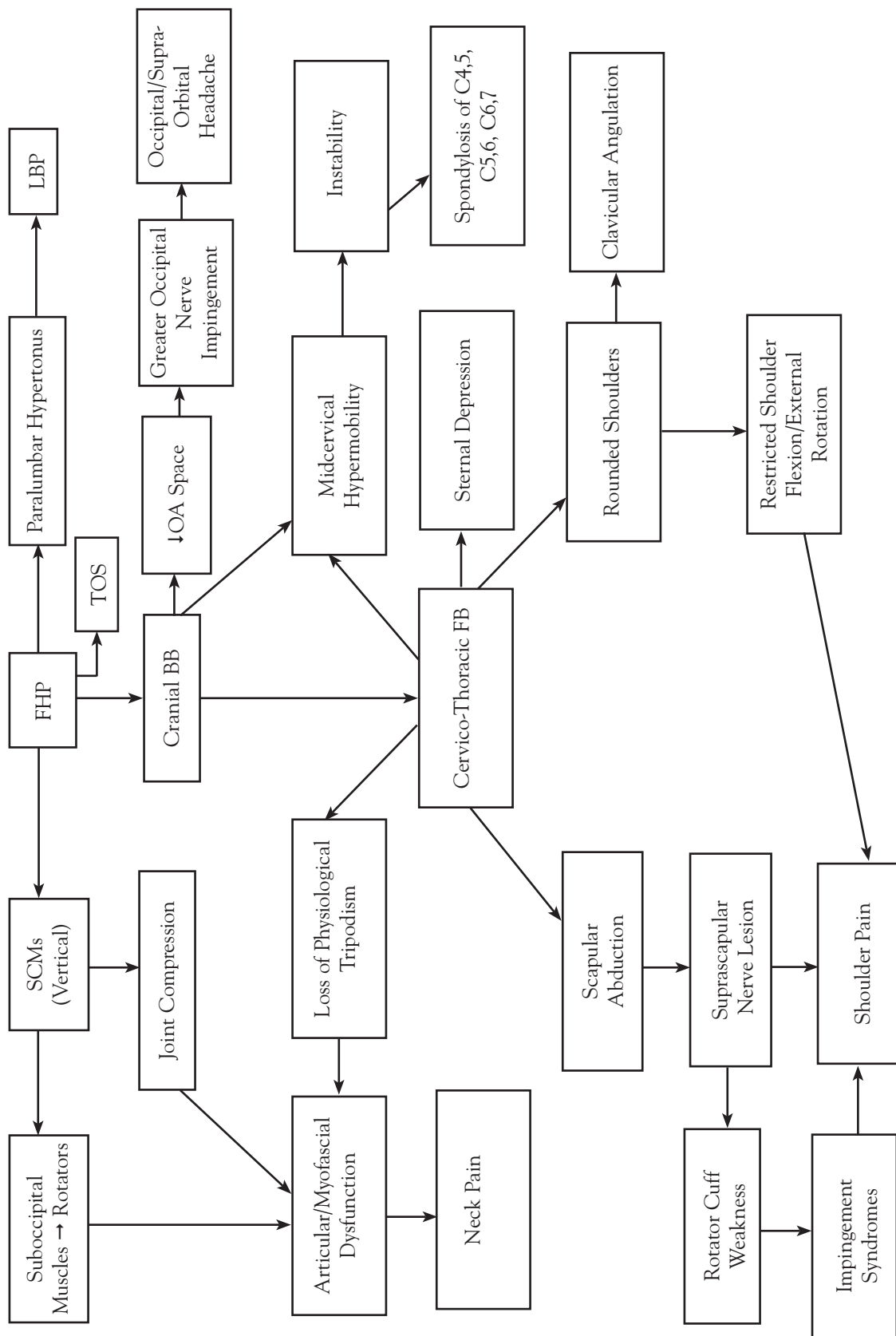


### Effects of Forward Head Posture (FHP) on the Head-Neck, Shoulder Girdle, Lumbar Spine



**Figure 8-16.** Global effects of FHP. SCM= sternocleidomastoid; LBP= lower back pain; TOS= thoracic outlet syndrome; OA= occipitoatlantal.