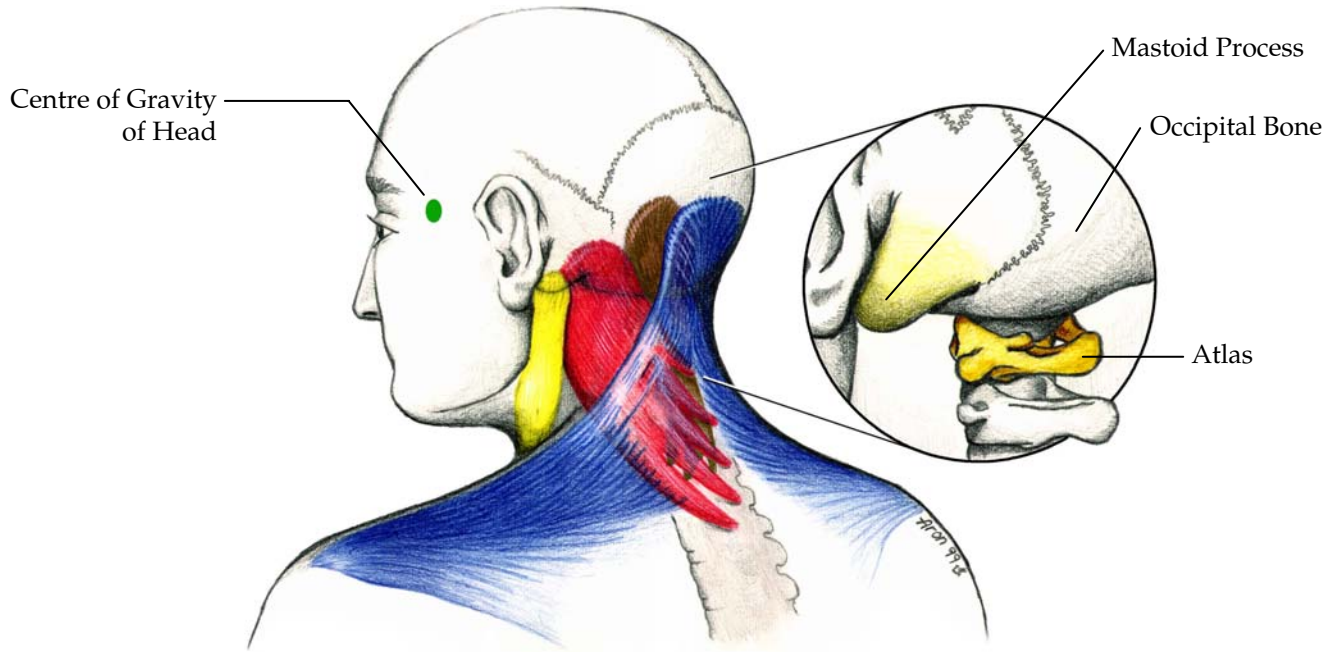


# The Balance of the Head

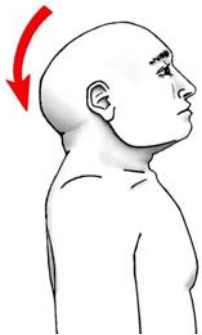


The large neck muscles illustrated, if over tightened, all pull the head back and down, thereby preventing the natural lengthening of the spine.

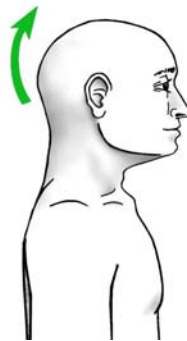
**The muscles shown are:**

- |                      |   |                  |   |
|----------------------|---|------------------|---|
| Sternocleidomastoid  | <span style="display:inline-block; width:15px; height:15px; background-color:yellow; border:1px solid black;"></span> | Splenius Capitis | <span style="display:inline-block; width:15px; height:15px; background-color:blue; border:1px solid black;"></span> |
| Semispinalis Capitis | <span style="display:inline-block; width:15px; height:15px; background-color:orange; border:1px solid black;"></span> | Trapezius        | <span style="display:inline-block; width:15px; height:15px; background-color:red; border:1px solid black;"></span>  |

Back and Down



Forward and Up



Looking up without compressing the spine

