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Approximately 1 in 5 people over the age of 40 years old suffer from neck pain. This is caused by many factors, however one of the most common causes is loss of cervical lordosis. As you will see later in this article, exercises for cervical lordosis are typically the best conservative treatment for cervical lordosis. This article will explore the most 11 effective exercises for cervical lordosis. These exercises will decrease neck pain and symptoms associated with cervical lordosis. These neck exercises can be done at home with very little equipment. By incorporating these exercises into your daily routine, you can improve your cervical lordosis and get back to the activities that you love! Cervical lordosis refers to the natural inward curvature of your neck. The curvature of the cervical spine is shaped like a C with the convexity of the curve facing the front of the body. Another natural curvature of the spine is lumbar lordosis which is the lower part of the spine. Both of these curvatures are normal and are crucial in supporting the weight of the head, providing shock absorption and maintaining proper posture. However if either of these curves become exaggerated or flattened they can cause back and neck pain and injury. Exercises for cervical lordosis are the easiest way to treat cervical lordosis. Technically cervical lordosis is a good curve in a normal neck. However, cervical lordosis is also commonly used to describe abnormal cervical lordosis, either excessive or lack of cervical lordosis. Most commonly it is used to describe a lack of cervical lordosis or military neck. A military neck occurs when the cervical spine loses its natural curve and is flattened into a straight lie. When the cervical lordosis becomes flattened, it can lead to a range of issues, including chronic neck pain, headaches, and reduced mobility. Fortunately, there are specific exercises that target the muscles around the neck that can improve these symptoms and create a healthy spine. The following exercises for cervical lordosis are general exercises that work for most people. Be sure to listen to your body and stop if you are feeling severe pain with any of these exercises. These exercises include 1. Chin Tucks 2. Upper Trap Stretch 3. Shoulder Blade Squeeze 4. Backwards Shoulder Rolls 5. Thoracic Extension Stretch 6. Rows 7. Shoulder Extension 8. Bilateral ER 9. Cat Cow 10. Prone Cobra 11. Wall Angels. This exercise can either be performed while sitting or lying down. To perform the seated version you will begin by sitting with your shoulders relaxed and your back straight. Without tilting your head up or down, slide your chin straight back as if youre trying to make a double chin. Hold for a few seconds, then relax and repeat. The perform this exercise lying down you will begin in the supine position with a rolled up towel underneath your neck. Now slide your chin straight back while pushing your neck down into the towel roll. If you feel your chin tilting up or down then you are performing this exercise in the wrong direction. This exercise helps to strengthen the stabilizing muscles of the neck and decrease forward head posture. Gently tilt your head to one side and down at an angle. If you are turning your head to the right side then use your right hand on your head to pull it further. You will feel a stronger stretch when you do this. Hold this stretch for 30 seconds each time. Your upper traps are the muscles that commonly get tight and overused when you have poor posture or are sitting or long periods of time. Sit or stand with your shoulders relaxed. Squeeze your shoulder blades together. Hold this for 3 seconds, then relax. The key with this exercise is to bring your shoulders back, not up. A common compensation is to elevate the shoulders while trying to squeeze the shoulder blades. This exercise is a great posture exercise and works to strengthen the back and shoulder muscles. This exercise can help to prevent the shoulder from becoming rounded. Sit or stand with your shoulders relaxed. Now slowly roll your shoulders backward. This is a good posture exercise and helps to decrease rounded shoulders. Keep your neck in a neutral position during this exercise. Focus on the shoulders rotating backwards instead of rising upwards towards the ceiling. Sit with your hands clasped behind your head. Gently arch your upper back backwards. You should feel a stretch across your chest, upper back and shoulders. If you want a stronger stretch you can place a horizontal foam roller on the chair behind you and bend your back into it. Depending on your accessibility to gym equipment you can either perform this exercise with a cable column or a resistance band. Start by standing with your feet shoulder width apart and good posture. Start with your arms straight and hold onto the resistance band. Now perform a shoulder blade squeeze as you are bending your elbows to 90 degrees. You can buy this resistance band with handles here. *As an Amazon Associate I earn from qualifying purchases. This exercise can also be performed with either a cable column or a resistance band. Start with your feet shoulder width apart and your arms straight with your palms down. Now keep your palms down and elbows straight throughout the entire exercise and pull down until your hands are at your sides. You can buy this resistance band with handles here. *As an Amazon Associate I earn from qualifying purchases. Sit or stand with feet shoulder width apart. This exercise can be performed with a resistance band or without, if the resistance band is too difficult. Start with your elbows at your side and your elbows bent to 90 degrees with your palms up. Now slowly rotate your shoulders outward. This exercise can help to improve mobility in the spine and decrease tightness in the neck and shoulders. Start by getting down on your hands and knees, with your hands shoulder-width apart and your knees hip-width apart. Make sure that your hands are directly below your shoulders and your knees are directly below your hips. Arch your back up towards the ceiling, tucking your chin in towards your chest. Then, lower your back down towards the ground, lifting your head and looking up towards the ceiling. The prone cobra is an excellent exercise for improving cervical lordosis by strengthening and stretching the muscles of the upper back and neck. To perform the prone cobra: Lie face down on a mat or flat surface with your arms at your sides and your palms facing down. Squeeze your shoulder blades together and lift your chest and arms off the ground. Keep your neck in a neutral position. Hold for a few seconds, then lower back down to starting position. Focus on squeezing your shoulder blades together and lifting your chest, rather than using your neck to lift your head. Keep your neck in a neutral position throughout the exercise. Wall angels are a great exercise for improving posture and mobility Begin by standing with your back against a wall, with your feet about 6 inches away from the wall. Place the back of your arms against the wall, with your elbows bent at 90 degrees and your palms facing forward. Slowly slide your arms up the wall, keeping your elbows and wrists in contact with the wall at all times. When you can no longer keep your elbows and wrists in contact with the wall, slowly lower your arms back down to the starting position. Make sure to keep your lower back and hips in contact with the wall throughout the exercise and avoid arching with your back or pushing out your ribs. Is this too difficult? Try starting with a smaller range of motion and gradually increasing as your range of motion improves. Still too hard? You can perform this exercise while lying on your back, with your arms extended overhead and your elbows and wrists touching the floor. The cervical spine is the upper part of the spine that includes the neck. Here is a quick anatomy lesson on the cervical spine and cervical lordosis. If you are only interested in the exercises for cervical lordosis then scroll down to the bottom of the page. VertebraeThe cervical spine consists of seven vertebrae numbered C1-C7. These vertebrae are bones that are stacked on top of each other and form the foundation of the neck. When these vertebrae deviate from a neutral position, it can cause the cervical curve to either become exaggerated or flattened. Intervertebral DiscsThese are the cushions located between the vertebrae that absorb shock and provide flexibility to the neck. MusclesThe muscles of the neck, including the sternocleidomastoid, trapezius, and scalene muscles, support the cervical spine and help with movement. When these muscles are tight they can cause pain and decrease your neck mobility. LigamentsThe ligaments stabilize the cervical spine by connecting the vertebrae to each other and preventing excessive movement. An injury to these cervical ligaments can cause a decrease in stability and in some severe cases can be fatal. Nerves The spinal cord passes through the cervical spine. Nerves branch off from the spinal cord and travel to different parts of the body. When these nerves become pinches or injured, it can cause pain and radicular symptoms such as tingling or numbness sensations.Poor Posture Poor posture, especially during sitting for long periods of time with a forward head posture and shoulders rounded, is the number one reason for loss of cervical lordosis. TraumaInjuries such as whiplash from a car accident or a direct blow to the neck. Degenerative Disc DiseaseThe intervertebral discs in the cervical spine wear down as you age. This can result in them losing the ability to support the natural curvature of the spine. Spinal ConditionsCertain congenital conditions such as abnormal spine curves such as scoliosis or cervical kyphosis, which affect the overall curvature of the spine, can affect the neck. If you have scoliosis and are having shoulder or back pain you can find 15 Simple Scoliosis Shoulder Pain Treatment Exercises. Muscle ImbalancesMuscle weakness or tightness in the muscles of the neck, upper back, or even lower back, such as the upper traps and the deep cervical flexors can lead to imbalances that affect the curvature of the cervical spine. ObesityCarrying excess weight can put stress on the cervical spine and alter the cervical curvature. It is important to remember that cervical lordosis is a normal part of a healthy cervical spine, however, when the cervical curvature becomes too pronounced or is flattened, it can lead to a variety of symptoms, including: Neck painWhen the cervical spine becomes misaligned or altered in any way, it can put additional stress on the neck muscles and ligaments, which can lead to pain. Since the cervical, thoracic and lumbar spine are all connected, often times neck pain can result in mid back or lower back pain as well. You can find 7 Miraculous Exercises For Lower Back And Hamstring Pain here. Limited mobilityLimited mobility is typically due to a loss of range of motion in the neck. This may feel like a stiff or tight neck. This will make it difficult to move the neck, especially when trying to rotate your head to the side or look up or down. HeadachesThe strain on the neck muscles and ligaments can also lead to tension headaches. Sensory SymptomsSensory symptoms such as tingling and numbness may occur if the curvature of the cervical spine is altered. This can put pressure on the nerves that pass through the neck, leading to numbness or tingling sensations down the arms, hands, or fingers. WeaknessIn some cases changes in the cervical lordosis can decrease strength in the arms, hands, or even grip strength. If you are experiencing any of these symptoms, it is important to see your healthcare provider to determine the underlying cause of your symptoms. The good news is that cervical lordosis can be treated in a variety of ways. Physical therapy and lifestyle modifications are the most preferable treatment options for relief of neck pain in most cases unless the symptoms are severe. Physical Therapy:Strengthening and stretching exercises can help to improve posture and reduce pain. This article covers the most important physical therapy exercises for cervical lordosis. For best results, you should see a physical therapist for a physical examination in order to address your specific deficits. Pain Management: Over-the-counter pain medications, as well as prescription medications, can help with pain relief. You should seek medical attention if you need pain medication. Although pain medication can help to make the pain more manageable, typically pain medication will not solve the lordosis long term. Bracing: Sometimes a cervical collar or brace may be recommended to help support the neck. These are rarely used except in severe cases due to the weakening of the cervical stabilizers from long term use of the brace. Surgery: In severe cases, surgery may be necessary to correct significant changes in the cervical lordosis or to relieve pressure on the nerves in the neck. Lifestyle Modifications: Maintaining good posture, avoiding prolonged periods of sitting, having a good work setup, and exercising regularly can help to improve cervical lordosis. The best way to treat cervical lordosis is through physical therapy. This will include a mix of the following depending on your conditions and severity of the curve. Stretching Exercises: Stretching the muscles of the neck and upper back can help to reduce the pain and tightness in the neck and improve range of motion. Strengthening Exercises: Strengthening exercises will be the most important part of the treatment plan for cervical lordosis. Strengthening exercises can help to improve posture, reduce pain, and stabilize the neck. Manual Therapy: Techniques such as massage, joint mobilization, and myofascial release can help to reduce tension and improve mobility in the neck and upper back. Depending on your physical therapist and your condition, typically you will have a mix of manual therapy and stretching and strengthening exercises. Postural Education: A physical therapist can give you tips for how to improve your work set up and how to have better body mechanics in order to avoid exacerbating your symptoms. Modalities: A physical therapist may recommend using modalities such as a hot pack, ice, or electrical stimulation to help reduce pain and inflammation. Typically electrical stimulation for the neck is used to decrease short term neck pain. It is not a long term solution, however it can be helpful on a bad flare up day. Although these is not a lot of evidence showing the effectiveness of neck corrector pillows, many people swear by them. You can buy a neck corrector pillow here. It is important to work with a licensed physical therapist who can develop a customized treatment plan based on your specific diagnosis. Exercises for cervical lordosis can improve neck pain, overall posture and mobility. Incorporating these 11 exercises will improve your symptoms and get you back to the acidities you love. Before starting any new exercise program, it is important to consult with a healthcare professional. They can help you determine which exercises are appropriate for you based on your current health status and any existing medical conditions. So, give these exercises a try and make them a part of your daily routine to improve your cervical lordosis, reduce neck pain, and improve your overall posture! You can find the Best 10 Daily Posture Exercises For Seniors With Pictures here. Cervical lordosis is a complicated name for the natural curve of your neck. This curve is important for supporting your head properly. Many things can knock your cervical lordosis out of whack, like poor posture or arthritis, and actually cause it to flatten out. This pushes your head further forward and causes neck pain. Luckily, you can fix this and get your cervical lordosis back to normal! A few lifestyle changes and exercises can make you a lot more comfortable. If these dont work for you, then visit your doctor for a range of other treatment options. 1Center your head over your shoulders. Your head is heavy, and leaning it too far to one side puts a lot of stress on your neck. Do your best to keep it centered at all times, with your ears about in line with your shoulders. This can prevent more stress and helps correct your neck curvature. [1]This is important whether youre sitting, standing, talking on the phone, walking, riding the bus, or doing any other activity. 2Practice good posture when youre sitting and standing. Bad posture can cause a flattened neck and make the situation worse. If you have bad posture, then correcting it is an important part of recovering. When you stand, make sure youre standing up straight with your shoulders back and your stomach in. Maintain the natural curve of your spine. When you sit, keep your head up and facing forward with your back straight. If your chair has a back, make sure your shoulders and mid-back are touching it. [2]In both positions, remember to keep your head centered above your shoulders.3Keep your computer and phone at your eye level. Looking down at your computer or phone is one of the most common causes of lost cervical lordosis. When you use your phone, lift it up to your eye level to avoid tilting your head forward. When youre working on your computer, elevate the screen so the bottom of the monitor is about equal with your eye level. This prevents you from leaning forward and hurting your neck.[3]If you work on a laptop, you can get a platform to raise it up on your desk so you dont have to slouch.A loss of cervical lordosis is even called text neck sometimes because its so closely linked with looking down at your phone.4Lose weight if youre overweight. Being overweight puts a lot of extra strain on your neck and could make your condition worse.[4] If you are overweight, talk to your doctor and design a healthy exercise and diet plan to get yourself down to a healthy weight.Always be careful when youre exercising and dont put extra stress on your neck. If something is uncomfortable, its best to avoid it.Ask your doctor or physical therapist for exercise suggestions that wont hurt your neck.5Use a foam pillow that supports your neck curve when you sleep. Memory foam pillows are especially good because they contour to your neck shape. Try using one of these at night to support your neck's natural curve.[5]These pillows work best if you sleep on your back. Sleeping on your side is also good. However, sleeping on your stomach is tough on your neck and back, so try to get out of that habit.Avoid using a pillow that's too hard or firm. This keeps your neck flexed overnight and can cause pain.6Take pain relievers to make yourself more comfortable. Loss of cervical lordosis can be painful, and your neck, spine, and shoulders can all be sore until you correct the problem. In the meantime, manage the pain with over-the-counter pain relievers like ibuprofen or acetaminophen.[6]Remember that medication doesnt actually fix your cervical lordosis. It just makes you more comfortable. 1Sit or stand with good posture. These neck exercises can be done in a sitting or standing position, so choose the one that youre more comfortable in. Just make sure your back is straight and your head is centered over your shoulders for support.[7]If youre sitting, using a chair with a solid back that you can lean against is best.You can always change your position if you decide youd rather sit or stand.2Warm up with chin tucks. In your standing or sitting position, tuck your chin down into your neck as far as you can, then push it back forward by arching your neck up. Repeat this a few times to loosen your neck for the exercise.[8]Keep your shoulders and upper back as still as possible. Move from your neck instead.This exercise looks a little bit like a chicken moving its back and forth. Imagine that if you need to picture it.3Bend your neck backward while holding a towel around your neck. Either roll the towel up or use it unrolled. Loop it around your neck so it droops over both of your shoulders. Then grab each end of the towel and hold it straight in front of your face, just under your ears. Pull the towel snug, then bend your head backward by arching your neck. Lift your arms along with your neck so youre looking at your hands the whole time. Try to bend back far enough to face the ceiling. Then lower yourself back down slowly.[9]Keep the towel snug during the exercise, but dont pull on it. This puts pressure on your neck.You can also use an exercise band or strap. This might be easier for you to hold.[10]There is also a variant exercise where you just lift your head without lifting your arms. This can work too.4Repeat the exercise for 20-30 reps. Continue arching your neck up and down to stretch it out. Complete a set of 20-30 reps for a full set, and do 3-4 sets for a full workout. Over time, this can restore your natural neck curve.[11]This exercise shouldnt be painful or uncomfortable, so if your neck is getting tired, you dont have to do a full set. 1Complete physical therapy to strengthen your neck for minor cases. This is the most common treatment for a flattened neck curve. The physical therapist will help your stretch and exercise your neck, and may massage or manipulate it too. Over time, these treatments can help correct your neck curvature.[12] Attend all your appointments and follow the therapists exercise instructions to relieve your neck pain.Your physical therapist will probably give you exercises and stretches to do at home too. Stick to the exercise schedule they recommend for the most successful treatment.You may need your regular doctor to prescribe physical therapy, so visit them first if you need a referral.2Visit a chiropractor for an alternative corrective. Chiropractors manipulate your spine and neck to treat problems like a loss of cervical lordosis. It doesnt work for everyone, but a chiropractic treatment might help correct your problem. Visit a chiropractor and see if a neck manipulation works for you.[13]At a typical appointment, the chiropractor will move your neck around to stretch it and work out tension. Try to relax and let them know if anything hurts or is uncomfortable.Always visit a licensed and well-reviewed chiropractor so you know youre getting a quality treatment.Insurance may or may not cover chiropractic treatment, so check with your plan.3Undergo a biophysics treatment if manipulation doesn't work. This is a type of chiropractic treatment that uses a brace to arch your neck back. The chiropractor might then have you do some stretches or exercises with the brace on. This treatment shows some success in restoring the natural curve of your neck, so it could be just what you need.[14]The study demonstrating this techniques success was small, so it might not work for everyone.4Wear a neck brace if therapy or exercise doesn't help. In some cases, exercise and stretching won't correct your cervical lordosis. If this happens, your doctor may tell you to wear a brace to keep your neck curved correctly. Over time, a brace can bring your neck back into alignment and correct the problem.[15]You might have to wear the brace during the day, at night, or both. Follow your doctor's directions for the right treatment.You may be able to buy neck braces online without a prescription. However, don't use one without your doctor's orders. The wrong brace could make the problem worse.5Correct the curve with surgery if no other options work. This is usually the final option for correcting cervical lordosis if nothing else has worked. There are several types of surgery that your doctor might recommend, and it depends on your condition. Consider your options and choose surgery if nothing else has worked for you.[16]Neck surgery usually requires a few weeks of recovery time and physical therapy. After that, your pain and discomfort should subside.[17]Feel free to ask your doctor or surgeon any questions you might have about the surgery or recovery. Ask a Question Thanks This article was co-authored by wikiHow Staff. Our trained team of editors and researchers validate articles for accuracy and comprehensiveness. wikiHow's Content Management Team carefully monitors the work from our editorial staff to ensure that each article is backed by trusted research and meets our high quality standards. This article has been viewed 2,690 times. Co-authors: 7 Updated: June 22, 2025 Views:2,690 Thanks to all authors for creating a page that has been read 2,690 times. Reverse cervical lordosis happens when the necks normal forward curve changes direction. This straightens or bends the spine backward.This condition can cause neck pain, upper back pain, headaches, stiffness, and limits how much you can move.A few things can lead to reverse cervical lordosis. These include bad posture, injuries, being overweight, and some spinal problems.Early check-ups and treatment are very important. They help manage symptoms and prevent serious issues like nerve problems and long-lasting pain.Treatments can include seeing a chiropractor, physical therapy, making lifestyle changes, and in serious cases, surgery.Introduction to Reverse Lordosis Cervical SpineReverse cervical lordosis is a condition that alters the normal shape of your neck. This can impact the health of your spinal cord and may lead to neck pain and reduced range of motion, as well as limited movement. This blog post will explore reverse cervical lordosis in detail, including its causes, symptoms, such as discomfort and trouble moving the lower back, and the various treatment options to help lessen its effects on your health.Understanding Reverse Cervical LordosisThe human spine is not straight. It has natural curves that help it be flexible, absorb shocks, and work well. One of these curves is called the curve of the cervical spine, specifically cervical lordosis, which is necessary to keep the spine balanced from the kyphosis in the thoracic region and enable forward gaze (head upright looking forward). It is important throughout life to maintain a stable cervical lordotic curve as it maximizes the spines ability to handle forces by maintaining global spinal alignment while having the head balanced on its supporting platform. Understanding reverse cervical lordosis is crucial in addressing and treating this condition.It is important to keep a stable cervical lordotic curve throughout life. This helps maximize the spines ability to handle forces while keeping the head balanced on its supporting platform. Knowing about reverse cervical lordosis and how it affects the spines ability is key for good treatment plans.When this natural curve is changed or turned around, it can lead to a condition called reverse cervical lordosis, or reverse curve. In this case, the neck either becomes straight or bends backward instead of staying in its natural forward curve, known as the healthy curve, also known as the wrong direction. This change in how the cervical spine is aligned can impact the muscles, ligaments, and nerves nearby, leading to a loss of cervical lordosis due to various factors. This can cause various symptoms and complications.Definition and Overview of Reverse of Normal Cervical LordosisCervical lordosis is the natural curve in your neck. It has a slight inward shape, similar to a C. This curve supports the weight of the head and contributes to a healthy cervical spine, allowing your neck to move freely. When this curve changes direction and bends outwards, it is known as reverse cervical lordosis.This issue is called cervical kyphosis or military neck. It means the neck has moved out of its normal position. Instead of curving inward, the neck either becomes straight or bends outward. This misalignment can affect the balance of the spine. It can make it hard for your spine to support weight and stress well. Knowing what military neck, or cervical kyphosis, is important for treating this condition, and seeking treatment from a reputable spinal centers like ScoliSMART Clinics can help improve your chances of successful treatment.Think about a curved archway. Its shape makes it strong and stable. The curved parts of your spine, like cervical lordosis, work in the same way. When cervical lordosis changes negatively, it is like an arch becoming flat or bending the wrong way. This can cause pain, stiffness, and limit how you can move. Lumbar lordosis, another spinal condition, can also affect the curvature of the biomechanics of the entire spine. It is important to understand how the whole spine works, including lumbar lordosis, in order to effectively address and treat reverse cervical lordosis.The Role of the Cervical Spine in Overall HealthThe cervical spine is made up of the first seven vertebrae in your neck. This part of your body is very important for your health as it links to the central nervous system and the rest of the body. It protects the spinal cord, which sends signals from your brain to your body. A problem with the cervical spine can cause serious health issues.Reverse cervical lordosis can be very harmful if it is not treated. This change in the way the spine aligns can push on nerves. It can also affect how signals travel in the body. This may lead to muscle imbalances. These issues can cause pain, stiffness, and less movement.Moreover, reverse cervical lordosis can impact more than just your body. Ongoing pain and reduced movement can seriously reduce your quality of life. It may make it hard for you to do everyday tasks or enjoy your favorite hobbies.Causes and Symptoms of Reverse Cervical LordosisUnderstanding what causes reverse cervical lordosis is important for finding the underlying cause of the problem and treating it. Many things can change the normal curve of the neck, including straightening of the normal cervical lordosis. These include choices in life, health problems, and outside influences.The signs of reverse cervical lordosis can be different from person to person. Some people may feel a bit uncomfortable, while others may feel strong pain. This depends on how serious the condition is and other factors. It is important to notice these signs early. This can help you get treatment in time and prevent further issues such as pain in the shoulders, neck, upper back, headaches, dizziness, nausea, fatigue, vertigo, brain fog, and muscle pain/spasms.Primary Factors Leading to This ConditionOne main cause of reverse cervical lordosis is bad posture, mainly forward head posture. When you slouch a lot, especially while using your phone or computer, it puts stress on your neck muscles and ligaments. This stress can make the cervical spine lose its natural curve. If this keeps happening, it can even cause the curve to reverse. Other primary factors leading to this condition include obesity, traumatic injury from accidents, degenerative disc disease, osteoporosis, and spondylolisthesis. It is important to know the key factors, like poor posture, that cause this problem to help treat reverse cervical lordosis.Degenerative disc disease can cause reverse cervical lordosis. This problem happens when the discs between the bones in your neck get hurt over time or after an injury. When these discs wear down, they cannot protect the bones well, leading to reverse cervical lordosis. Other things that can also contribute to this issue are osteoporosis, which makes the bones weak and can cause them to move out of line, spondylolisthesis, where a bone slips out of position, and inherited conditions like achondroplasia (dwarfism) or certain neuromuscular disorders. To treat reverse cervical lordosis well, it is important to address these primary factors leading to the condition.Other than these main points, several things can also cause reverse cervical lordosis. Neck injuries, like whiplash, certain diseases, such as ankylosing spondylitis, and spine birth defects can be factors.Recognizing the Symptoms: From Mild to SevereNeck pain is a common sign of reverse cervical lordosis. This pain can stay in your neck or spread to your shoulders, upper back, or head. People often feel stiffness and ache. It can get worse if they sit or stand for a long time.People with reverse cervical lordosis might feel neck pain and back pain too, mainly in the upper back. This pain occurs because the spine is not functioning properly. This can cause the muscles to strain and feel bad.As the problem gets worse, people may feel nerve issues. This can cause numbness, tingling, or weakness in their arms and hands. In severe cases, some may struggle to balance or coordinate their movements.Link Between Reverse Cervical Lordosis and Idiopathic ScoliosisReverse cervical lordosis mainly affects the neck. It can also affect other parts of the spine, especially if someone has issues like scoliosis. Scoliosis leads to a strange curve in the spine. This often begins during the teenage years. When scoliosis happens, it can change how the spine works as a whole, including the neck. A study found that 88% of scoliosis patients with curves greater than 30 degrees also had reverse cervical lordosis.If there is a curve from scoliosis, it can change how the cervical vertebrae are positioned. This can make the neck more prone to losing its natural curve and feel unstable, increasing the risk of injury and negatively impacting overall spinal health. The unusual curve from scoliosis can alter how extra weight and pressure are spread across the spine, causing instability. This might lead to a straightening or even a reversal of the neck curve.The Effect of Reverse Cervical Lordosis on Life QualityThe impact of reverse cervical lordosis on life can be very serious, especially if you do not treat it. Continuous pain and less movement can make it hard for people to do their daily tasks comfortably.This condition can also influence how a person feels and how they connect with others. Having trouble maintaining good posture, being active, or doing things that require neck movement can create frustration. It can result in withdrawing from social situations and feeling less confident.Physical Implications and Pain ManagementReverse cervical lordosis can lead to weak muscles and stiffness in the neck, shoulders, and upper back. The spines new alignment can cause uneven muscles. This makes it difficult to maintain good posture and perform daily movements easily.Managing pain is very important when you have reverse cervical lordosis. Pain relievers that you can buy without a prescription, hot or cold packs, and massage can help ease pain for a short time. Physical therapy is also essential. It can fix muscle imbalances, strengthen weak muscles, and improve flexibility.A customized physical therapy program can have different exercises and stretches for the areas affected. It can also include methods like manual therapy to ease muscle tightness and improve joint movement.Psychological and Emotional ConsiderationsLiving with ongoing pain and physical limits can really impact your mental and emotional well-being. Always feeling pain and being unable to move much can make you feel frustrated and down. Not being able to do things you once loved can leave you feeling alone and can also hurt your self-esteem.Its important to take care of the mental and emotional sides of reverse cervical lordosis, along with physical treatment. Getting support from therapists or counselors who specialize in chronic pain can provide you with helpful tips. They can show you how to deal with the emotional challenges that this condition brings, as well as improve coordination and posture through exercises and therapy.Support groups and talking with others who have the same problems can build a sense of community. Sharing your experiences, struggles, and small successes can lift your mood and give you emotional support when times are tough.Diagnostic Methods for Reverse Cervical LordosisGetting an accurate diagnosis of reverse cervical lordosis is the first step for proper care. Doctors use physical exams and imaging tests to determine how serious the issue is and to identify the cause.The goal of diagnosis is to understand how much the cervical curve is bent backwards. It also helps to find any other factors involved. This way, a treatment plan can be made to suit each persons needs.Imaging Techniques and Their ImportanceImaging techniques play a key role in understanding the spines structure and finding problems. X-rays are often the first test performed. They provide a clear picture of how the cervical vertebrae are arranged and show the extent of the curves reversal.If your doctor believes that nerves could be affected, they might recommend a test called an MRI. An MRI uses magnets and radio waves to take clear pictures of the spine. It shows soft tissues, including discs, nerves, and the spinal cord.These imaging techniques help find out conditions like reverse cervical lordosis. They also help doctors check for other problems that can cause the same symptoms. The clear images from these tests are useful for planning surgery if that is needed.Role of Clinical Evaluation in DiagnosisA full clinical check is important to diagnose reverse cervical lordosis. Your doctor will begin by gathering a detailed medical history. They will ask about your symptoms and how long youve had them. They will want to know about any past injuries or health problems too. They will also check your lifestyle. This includes your posture, activity levels, and the setup of your workplace.After this, they will do a physical exam. They will check how well your neck moves and its flexibility. They will also feel for any sore spots. They may look at your posture, balance, and reflexes to find out if any nerves are affected.The details from your medical history and physical check-up will help the doctor pick the right imaging tests. These tests are important to confirm what is wrong and check how serious the issue is.Treatment Plans for Reverse Cervical LordosisTreating reverse cervical lordosis needs a good plan that matches what the person needs and the severity of their condition. The main goals of treatment are to relieve pain, correct spinal alignment, utilize spinal weights to strengthen muscles, and activate neurological retraining in certain areas of the brain to improve flexibility.The approach can begin with easy changes, like better lifestyle habits and physical therapy. If needed, more serious options like surgery may be thought about. The main goal of each treatment is to lower pain, improve daily function, and keep the condition from getting worse.Scoliosis Boot CampFor people who have reverse cervical lordosis and scoliosis, joining a special boot camp can really help. These camps are tough and usually led by expert chiropractors and physical therapists. They work on exercises and therapies that improve spinal alignment.Scoliosis boot camps often include chiropractic care, personal exercises, braces, and classes. These activities are meant to slow down or stop the curve in the spine. They can help relieve pain and improve posture.Joining a scoliosis boot camp offers a friendly and supportive place to improve spinal health. The variety of treatments helps people learn how to manage their condition more effectively.Non-Surgical Options: Exercises and PhysiotherapyNon-surgical treatments are important for handling reverse cervical lordosis, especially in the beginning stages. These options help ease pain, build muscle strength, improve flexibility, and support better posture.Exercises and physiotherapy are important for reaching these goals. Special exercises can help make the neck and upper back muscles stronger. This helps support the head and spine better. Physiotherapy sessions may include:Manual therapy: This uses hands-on methods to relax muscles, improve joint movement, and lower pain.Electrotherapy: This uses tools like ultrasound or TENS (a way to use electrical signals) to reduce pain and swelling.Posture correction exercises: These teach the body to maintain a straight spine while doing everyday tasks. This practice helps reduce strain on the neck and spine.Surgical Interventions: When Are They Necessary?Non-surgical options are usually the first choice for treating reverse cervical lordosis. Sometimes, surgery may be an option. The choice to have surgery depends on how bad the condition is, if there are nerve problems, and how well non-surgical treatments are working.Surgery for reverse cervical lordosis is meant to relieve pressure on the spinal cord and nerves. It also aims to stabilize the spine and fix its alignment. The type of surgery used can vary based on several factors, like where the spine problem is and how severe it is.Surgical Procedure | DescriptionSpinal Fusion | Involves permanently joining two or more vertebrae using bone grafts and metal implants to stabilize the spine.Laminectomy | Removing a portion of the vertebral bone (lamina) to relieve pressure on the spinal cord or nerves.Cervical Disc Replacement | Replacing a damaged intervertebral disc with an artificial disc to restore mobility and alleviate pain.Importance of Posture Correction and ErgonomicsPosture correction and ergonomics are crucial for handling reverse cervical lordosis and preventing it from returning. Keeping a straight spine during the day, whether sitting, standing, or walking, helps keep weight balanced along the spine, providing better support. This reduces pressure on the cervical vertebrae.Ergonomics is about adjusting your workspace to keep your spine healthy. This includes using chairs and desks that help you sit properly. It also means placing computer screens at eye level to avoid neck pain. Dont forget to take breaks to move and stretch regularly.Making small changes to your daily habits can be helpful. Focus on your posture when you use smartphones. Try not to sit for long periods with rounded shoulders. This can improve your spinal health. It may lower the risk of getting or worsening reverse cervical lordosis.Preventive Measures and Lifestyle ModificationsIt is very important to take steps to avoid reverse cervical lordosis. Simple changes in your daily life can really support the natural curve of your neck. This can help stop issues with spine alignment.Making these changes to your daily routine can reduce the risk of getting this condition. It can also help keep your spine healthy and boost your overall health.Click on the Scoli-Fact to see the rest of the Scoliosis Facts!Daily Habits to Support Spinal HealthPracticing good posture is important for your spines health. This practice supports your spines health and encourages you to keep your spine straight. Your ears should be in line with your shoulders. Your shoulders should also be in line with your hips. Do not slouch or lean your head forward. This matters a lot, especially when you sit for a long time.Its good to stay active to strengthen your back and neck muscles. You can try yoga, Pilates, or swimming. These activities help improve your flexibility, core strength, and posture.Be mindful of how you hold your head when using your devices. Instead of looking down at your phone or tablet, hold it at eye level. This will help you avoid neck strain. Also, make sure to take breaks often. Stretch your neck and shoulders, especially if you work on a computer for a long time.Nutritional Support for Bone and Joint HealthA healthy spine needs a good diet with the right nutrients. Calcium and vitamin D are very important because they help keep bones strong and dense. You can get calcium from dairy products, leafy green vegetables, and some enriched foods.Vitamin D helps your body take in calcium. This is good for keeping your bones strong. When you spend time outside in the sunlight, your body makes more vitamin D. You can also get more vitamin D from eating fatty fish, eggs, and some enriched foods.Your diet needs more than just calcium and vitamin D for good bone and joint health. You should also include magnesium, phosphorus, and vitamin K. A balanced diet can help keep your spine strong and healthy.Is Reversal of Cervical Lordosis Serious?When considering the seriousness of reversal of cervical lordosis, it is essential to understand that this condition can significantly impact an individuals quality of life. A reversal in the cervical curve can lead to various complications, including persistent neck and back pain, limited mobility, and potential nerve issues. Additionally, the severity of symptoms can vary based on patient age. Over time, these symptoms can also result in potential complications that severely hinder daily activities and the overall well-being of the rest of the spine. Furthermore, if left untreated, the abnormal spinal alignment may escalate, resulting in more severe conditions, increased pain, and a higher risk of injury. Early intervention is crucial to mitigate these risks and enhance the quality of life for those affected by this condition.ConclusionIn conclusion, treating reverse cervical lordosis and correcting the unnatural curve requires a complete plan that considers both the body and mind. It is important to understand what causes this condition, its symptoms, and how to treat it. This knowledge is key to improving your quality of life. You can use exercises and physiotherapy, and sometimes surgery could be necessary. Its also essential to focus on fixing your posture, improving ergonomics, and making lifestyle changes, including shedding excess weight. These actions can help prevent and manage lordosis. By caring for your spine with good daily habits and healthy eating, you can work towards better health and well-being. If you think you have cervical lordosis, speak to healthcare professionals. They will create a treatment plan that meets your needs.Frequently Asked QuestionsMany people have questions about reversal of cervical lordosis, particularly regarding its implications and management. Common inquiries include concerns about the effectiveness of treatment options and the potential for complete recovery. Understanding the nature of this condition and the available resources for managing it can empower individuals to seek timely care and support. If you have specific questions related to your situation, consulting with a healthcare professional is vital for tailored advice and treatment options.Can reverse cervical lordosis be fully corrected?The chance of fixing reverse cervical lordosis can depend on several things. These include how serious the problem is, what caused it, and personal factors that are different for each person. Some people may feel much better with the right treatment. However, others might feel improved but wont get back to a perfect state.Are there any exercises to specifically avoid?Some exercises can make neck pain worse. This is true, especially if you have reverse cervical lordosis. It is important to listen to your body. Stay away from any movements that make your pain worse. You should avoid exercises that bend your neck too far back or put pressure on your lower back. Exercises for cervical lordosis can strengthen and stretch your neck and improve posture. Image Credit: PeopleImages/E+/GettyImages How well you perform daily tasks and physical activities depends on the health and mobility of many parts of your body, including your neck. If the natural curve in your neck vertebrae is compromised, performing loss of cervical lordosis exercises may help counteract some of this abnormal curvature.Loss of Cervical Lordosis It's not uncommon to lose the good curve in your neck and go about life without even noticing. But if you're one of the many people who have symptoms related to the loss of cervical lordosis, you're likely dealing with daily problems that need to be addressed."Cervical lordosis is a loss of the lateral curve of your neck and spine," Dr. Allen Conrad, BS, DC, CSCS, the owner of Montgomery County Chiropractic Center tells LIVESTRONG.com. The curvature of your neck should follow a C-shape curve, and Conrad says if the spine and it's musculature is compressed, the loss of the curvature can cause problems to be aware of and may require neck curvature exercises to reduce the symptoms.These symptoms may include neck pain, headaches, and referral numbness and tingling to your arms. Conrad says this loss of curvature can happen as a result of many factors including, arthritis, poor posture while sitting and standing, muscle imbalance, or repetitive activities like typing on the computer. And while neck pain, in general, is not necessarily something to worry about, Harvard Health Publications reports that if it occurs with other, more serious symptoms such as radiating pain, weakness, or numbness of an arm or leg, you need to see your doctor. Loss of Cervical Lordosis Treatment Living with the loss of cervical lordosis can disrupt the functions of your daily life. But the good news is you can take steps to improve this condition and your quality of life. By combining expert care and therapeutic neck curvature exercises, you can improve the spine, neck and shoulder muscles.In a small September 2017 study published in the American Journal of Physical Medicine and Rehabilitation, researchers randomly assigned exercise to 65 patients with loss of cervical lordosis.What they found is that the exercise group, which received additional therapy as a home exercise program consisting of isometric neck extension exercises for three months, significantly improved the cervical lordosis angle in their neck. This study suggests that isometric neck extension exercises, or neck curvature exercises, improves cervical lordosis and pain.Loss of cervical lordosis treatment involves partnering with your doctor, chiropractor or physical therapist to design a program that fits your needs. With that in mind, Conrad says the goal of treatment is to improve your spinal alignment, as well as improve your posture by strengthening the surrounding muscles to hold the curvature in its proper place. To measure progress from the start of treatment and throughout, your healthcare provider will likely take lateral view X-rays of the cervical spine before treatment and also 10 to 12 weeks later to measure the improvements to the spinal curvature.Loss of Cervical Lordosis Exercises There are several neck curvature ex

treatment. While we might still have a lot to learn about why the body develops a variety of conditions, there is a lot we do know, such as how important good posture and a healthy spine is. Protecting the spine doesnt just ensure a healthy and pain-free back; it helps maintain effective communication between the brain and the rest of the body. Without optimal brain-body communication, the organs, muscles, reflexes, and mobility can all be affected. Practicing good posture and a healthy active lifestyle can protect the spine by promoting healthy spinal alignment and keeping the muscles that support it loose and strong. A spine with a healthy cervical lordosis is a spine less likely to experience the effects of adverse spinal tension, discs that degenerate faster, and the development of cervical scoliosis. When there is a loss of cervical lordosis and the spine becomes straighter, the forward head posture it introduces can throw off the spines overall biomechanics and cause multiple issues. Even if these issues dont emerge immediately, its likely they will later in life. If you are experiencing a loss of cervical lordosis and want to address the underlying structural nature of the condition, here at the Scoliosis Reduction Center, we can work towards a healthy cervical lordosis restoration. More About Me My Books Contact Us Severe migraines as a young teen introduced Dr. Nalda to chiropractic care. After experiencing life changing results, he set his sights on helping others who face debilitating illness through providing more natural approaches. After receiving an undergraduate degree in psychology and his Doctorate of Chiropractic from Life University, Dr. Nalda settled in Celebration, Florida and proceeded to build one of Central Floridas most successful chiropractic clinics. His experience with patients suffering from scoliosis, and the confusion and frustration they faced, led him to seek a specialty in scoliosis care. In 2006 he completed his Intensive Care Certification from CLEAR Institute, a leading scoliosis educational and certification center. The neck pain is now constant. Movement is difficult. Your neck muscles are painful and as hard as rocks. Your chiropractor noted that your neck has lost its curve. What is the natural curve in the neck? Why is the natural curve significant? What are the signs and symptoms that your natural curve is compromised? What are the six easy steps to restore the natural curve in your neck? What should you do if conservative options do not restore the natural curve? What are the five causes that result in the loss of the natural curve in the neck? What are the treatment options for disc, facet, ligament, and nerve injuries? Three reasons you should care about the natural curve in your neck. Lets dig in. What Is the Normal Neck Curve? A normal, healthy neck has a gentle C-shaped curve. This is also referred to as a lordotic curve.1 It is normal in the neck and refers to an inward curve. The C-shaped curve is in the opposite direction of your nose, as shown in the illustration. This natural curvature in the spine is important, as it allows for proper biomechanics of the spine, shock absorption, motion, and overall function. A gentle C-shaped curve ensures proper alignment of all the bones, tendons, and ligaments in the neck. When the neck is properly aligned, it functions accordingly. If the natural C-shaped curve is lost, alignment is compromised, and the bones, tendons, and ligaments are at risk of injury and becoming a source of pain. Without a normal curvature, your spine is like a car running with misaligned tires. Just like when your cars wheels are out of alignment, this will cause excessive wear on the tires. The same can be said for your spine: when misaligned, this will cause excessive wear on the elements of your spine, such as disc degeneration, facet arthritis, and instability. Loss of curves and neck pain are both warning signs that you have a problem. It is similar to the red check engine light that comes on as you are pulling out of town for a four-day road trip. If ignored, you risk: Injury to the neck structures, which may be permanent Increase in pain and dysfunction Possible dependence on NSAID, muscle relaxants, or opioids Two recent publications are worth noting: Loss of the natural neck curve is associated with injuries, including disc herniation. Disc herniation is when the soft, jelly-like interior of the disc explodes outwardly due to weakness or injury of the sidewall. This is similar to a pimple when it pops.This study followed three hundred young patients with neck pain and abnormal neck curves for four years.The authors demonstrated that loss of the natural neck curve increased the risk for disc herniation.10 The greater the loss of the neck curve, the greater the risk for disc herniation. OUCH! A separate study examined subjects cervical spines and their ability to tolerate the forces of daily living. In one group, the neck curve was normal, whereas in the other group, there was a loss of the natural curve.The authors demonstrated that the loss of the natural neck curve makes the neck weaker and less able to withstand the forces of daily living.11 In other words, a straight spine makes the neck weaker and less able to tolerate the forces of daily living. Symptoms vary depending on the severity of the misalignment. Common signs and symptoms include: The loss of the cervical curve is associated with decreased blood flow to the spinal cord and brain. That may explain why you feel sluggish and forgetful at times. Dr. Katz demonstrated this in Boulder, and this is one of his most recent papers.3 Questions always arise, did the loss of curve come first, or did injuries to the spine cause the loss of curve? This is a chick or egg scenario! The spine is composed of bony building blocks that are stacked upon one another. Sandwiched between the bones are soft spacers called discs. Discs are important shock absorbers, but they are susceptible to injury. Common examples include disc protrusion and disc herniations. Disc injuries can cause pain and a significant loss of curves in the neck.8 A facet is a small, cartilage-lined joint on the backside of the spine. It is a paired joint, with one on the right and one on the left at each level of the spine. For example, there is a right and left C2/3 and C3/4 facet joint, and so on. The facet joints guide and limit the motion of the spine. The facets are susceptible to injury due to degeneration, trauma, surgery, and instability. Facet injuries can cause neck pain, restriction in movement, and loss of the natural curve in the neck. Ligaments are thick pieces of connective tissue that connect one bone to another. Ligaments provide important stability for the neck. Multiple ligaments in the neck provide support and keep your head attached to your neck. Unfortunately, ligaments can be injured, leading to instability, pain, restriction in range of motion, and loss of the natural curve in the neck.9 Trauma is the leading cause of neck ligament injuries. At each level of the neck, a spinal nerve exits the spine. The medical profession numbers these nerves, which travel to different muscles and other structures. For example, the C6 nerve exits the mid to lower neck and provides sensation and strength to the muscles of the forearm, thumb, and index finger. This information explains normal muscle function and why it is important to maintain a natural curve in the neck. The nerve can be irritated or compressed, leading to dysfunction. Common examples include disc bulge, disc herniation, facet, and ligament overgrowth. Irritation or compression of the nerve can result in loss of the natural curve in the neck. Muscles stabilize and support your neck and head. This is a herculean task given that your head weighs approximately 10 lbs. Muscles can become injured or fatigued. Tendons are thick bands of connective tissue that connect muscle to bone. Tendons can become inflamed, degenerative, or partially torn, leading to pain and restriction in range of motion. Injury to both muscles and tendons can cause the loss of the natural curve in your neck, pain, and dysfunction. A previous blog discussed how muscles immediately beneath the skull, called suboccipital muscles, can cause pain at the base of the skull. While getting curve restoration is not a simple task, here are a few ways to improve your current curvature to get you started on the road to curve restoration! 1. Improve Posture Cell phones, tablets, and laptops all compromise neutral spinal alignment. When the head is in line with the spine and directly over the shoulders, the cervical spine can distribute the heads weight evenly throughout the joints. This allows us to maintain the natural curve in our necks. Proper adjustment and height of your chair and desk are important to maintaining a normal neck curve. The top of your monitor should be at or slightly below eye level. Your chair should be adjusted so that your feet rest flat on the floor. Our digital age requires extended screen time (use of laptops, tablets, and cell phones), which can cause muscle fatigue and poor posture. These can undermine the natural curve in your neck. Take periodic breaks. CBP(Chiropractic BioPhysic) chiropractic care is a specialized protocol for chiropractors who look towards spinal rehabilitation and postural correction to address pain, disease, and organ dysfunction. It emphasizes optimal posture and spinal alignment. Multiple non-randomized and randomized clinical trials have demonstrated their effectiveness in restoring the natural curve of the neck.4,5 Case reports have also demonstrated clinical improvement in curves and symptoms in 1014 weeks.6,7 Physical therapy can be an effective treatment option to restore the natural curve in the neck. Treatment options include neutral spinal alignment, range of motion, strengthening exercises, trigger point injections, and muscle manipulation and activation. Is your neck pain a constant companion that never quite goes away? Are your neck muscles super tight and painful? These can compromise the natural curve in your neck. If that is the case, it is time to dig deeper. It is time to get an accurate diagnosis. Neck pain and neck spasms are not diagnoses. Rather, they are symptoms of something more profound. Think of them as warning signs. Appropriate conservative therapy should always be the first-line treatment. Examples include physical therapy, massage, chiropractic care, and stretching. When these treatment options fail to reduce pain and increase function, it is time to find a specialist. Your orthopedic surgeon will provide one of three options: physical therapy, steroids, or surgery. Steroids are toxic to cartilage, muscles, and tendons and should be avoided. No literature indicates they effectively restore the natural curve in the neck. Orthopedic surgeons are biased by their training and often offer solutions that are not in your best interest. Find a doctor who has specialized training in interventional orthobiologics. Typically, these doctors are board-certified in physical medicine, anesthesiology, or sports medicine and have elected to spend additional years of training in non-surgical treatment options for orthopedic injuries. Interventional orthobiologics is a very exciting new medical specialty that utilizes the unlimited potential of platelets and stem cells to heal common orthopedic conditions. All injections are performed using ultrasound or X-ray guidance to ensure the placement of the cells or platelets. All the physicians at the Centeno-Schultz Clinic are masters in interventional orthopedics. We all teach our fellows and physicians from different parts of the nation and the world. To learn more about interventional orthopedics, please click on the video below. We Can Help by Encouraging Your Bodys Own Healing Mechanism If you have significant neck pain or limitations and have been diagnosed with a loss of spine curvature, with the steps above, proper curvature can be achieved. But if you or a loved one is having difficulty achieving better alignment or stability, please schedule a telemedicine consultation. This can be performed from your home, office, or mountain or beach retreat. Schedule now and stop the limitations, pain, and suffering. Restore your natural neck curve with the Centeno-Schultz Clinic. Check out our at-home self-neck exam today. Last updated on July 3rd, 2025 at 05:08 pmDefinition: Flattening/reversal of the necks natural C-curve Causes: Poor posture (text neck), injuries, disc degeneration Symptoms: Neck pain, stiffness, headaches, arm tingling Treatments: Physical therapy, pain meds, surgery (rare) Prevention: Posture awareness, neck exercises, ergonomic setup Reverse cervical lordosis means your necks natural C-shaped curve (called cervical lordosis) flattens or bends backward. Usually, our cervical spine is not aligned straight; theres a curvature in the spine called cervical lordosis, which is higher in males than females in normal individuals. Normally, this curve acts like a spring to absorb shockbut when reversed, it can cause pain and stiffness. Studies show 70-75% of young neck pain patients have this condition. Chronic neck stiffness (especially after sleeping) Tension headaches at the skull base Arm/hand tingling (from nerve pressure) Reduced neck mobility when turning This condition is often linked to disc herniation, but most cases improve with exercises. See How to Fix It for proven methods. Yesin most cases, you can restore your necks natural curve through exercises, posture fixes, and lifestyle changes. Studies show that 85% of young patients with loss of cervical lordosis saw improvement after targeted exercises. 3 Key Steps to Recovery: Exercises: Strengthen neck muscles and improve flexibility (6 proven moves below). Posture Habits: Fix desk ergonomics and sleep positions. Consistency: Daily practice for 46 weeks is critical. The exercises we are going to learn are aimed at increasing the flexibility of the cervical spine and strengthening the muscles around the neck to hold the correct position. Start with the #1 exercise (neck stretches) belowor jump tosleep tipsif pain wakes you up at night. Whenever we have a loss of cervical lordosis, the muscles around our neck get tight, and stiffness occurs. This can cause discomfort and even pain. So we need to relax those muscles, and stretching exercises can be very beneficial in this regard. One simple stretching exercise that can help is to stretch the left side neck muscles. To do this, place your right hand just above your left ear, over the temple area. Now, using your right hand, gently pull your head towards the right side direction. You should feel a comfortable stretch in your left neck muscles. Hold this position for at least 30 seconds to a minute. You may feel a gentle stretching sensation, but it should never be painful. If you feel any discomfort, ease off the stretch slightly until you feel comfortable again. Once youve held the stretch for the recommended time, release it and let your head relax. Then, in the same way, you will use your left hand to stretch the muscles of the right side. Place your left hand in the temple area and gently pull your head towards the left side, until you feel a comfortable stretching sensation in your right neck muscles. Again, hold this position for at least thirty seconds to one minute. After the recommended time, release the stretch and let your head relax. As we discussed earlier, neck mobility exercises are crucial in reversing cervical lordosis. Our next neck mobility exercise is the neck side bending exercise. This exercise is quite simple and easy to perform, but it can help you significantly improve your neck mobility and flexibility. To perform this exercise correctly, you should start by sitting or standing straight with your head in a neutral position. Then, slowly bend your neck to the left side, as far as you can comfortably. Hold this position for 2-3 seconds, then return your neck to the neutral position. Next, bend your neck to the opposite side, i.e., to the right side, and hold it for 2-3 seconds. Bring your neck back to the neutral position, and repeat the process at least 10 times on each side. This means that you will be performing a total of 20 repetitions in each session. The next exercise is neck rotation, which helps in improving the mobility of your neck. To perform this exercise, you should start in a comfortable sitting or standing position, just like the previous exercise. Once youre in position, begin by rotating your neck to the right side as far as you can comfortably go. Hold this position for a few seconds, then slowly bring your neck back to the centre position. From there, rotate your neck to the left side similarly, holding for a few seconds before returning to the centre. Alternate between rotating your neck to the right and left sides, moving slowly and smoothly through each rotation. It is recommended that you repeat this exercise a minimum of 10 to 15 times in a single session or until you feel comfortable and relaxed. The next exercise for loss of cervical lordosis is neck flexion and extension, which involves forward and backward bending movements of the neck. To perform this exercise, start by standing or sitting in an upright position with your shoulders relaxed and your chin parallel to the floor. Slowly bend your neck forward, bringing your chin towards your chest. Hold this position for a few seconds, then slowly bring your head back up to the starting position. Next, bend your neck backwards, looking up towards the ceiling while keeping your shoulders relaxed. Hold this position for a few seconds, then return to the starting position. Repeat this movement at least 15 to 20 times in a session. Its important to perform this exercise slowly and gently. The chin tuck exercise is a great way to help fix the straightening of the cervical lordosis. To perform this exercise, start by tucking your chin towards your neck, as shown in the figure. Its important to note that you should not bend your neck forward but instead focus on tucking your chin to your neck. To make it a little bit easier, you may keep a finger over your chin to give the direction of movement. Hold this position for ten seconds, maintaining the tuck throughout the hold. Then, release the tuck and relax your neck muscles. You should perform this exercise 10 to 15 times in a session. You should notice a slight release of tightness or stiffness in the back muscles as you exercise. Theres a high chance that one may also develop shoulder pain along with this issue of straightening the cervical spine. There are effective exercises to manage shoulder pain; we recommend following these 9 Best Exercise for Shoulders to Fix stiff, painful shoulder. Our last exercise for loss of cervical lordosis is the towel roll exercise. To perform this exercise, you will need a standard bath towel and a firm surface such as the floor or a firm bed. This simple yet effective method helps to enhance the curvature of your neck. To start, lie flat on your back with your head and shoulders fully resting on the surface. Place the towel roll directly in the curve of your neck. As you lay on the towel roll, you should feel slightly upward pressure on your neck. The roll is too thin if you dont feel the upward pressure. We suggest starting with a towel roll that exerts a slight upward push on your neck without lifting your head or shoulders off the surface. If the roll is too thick and your head or shoulders arent in contact with the floor, unroll the towel slightly to decrease its size and try again. You can initially maintain this position for up to 10 minutes and gradually increase the duration to 15 minutes per session as you improve. We recommend doing this exercise at least three times per week, but increasing the frequency to 5 to 6 times is beneficial as long as it doesnt increase soreness. Its important to consider your sleeping position and how you use your pillow when you have reverse cervical lordosis. Here are a few simple tips which are very easy and important to consider. The first and very important point is to avoid using a thick pillow. Using a thick pillow can worsen the problem of reverse cervical lordosis and may not be suitable for you. You can use a specially designed cervical pillow. You may also use a towel or bedsheet roll. For this, place the roll under your neck, not under your head, so that your head touches the bed while you remain comfortable. Adjust the thickness of the roll as needed. This position provides support to the natural curvature of your neck and helps maintain a healthy neck curve, preventing flattening. You can also consider using acontoured cervical pillow(like this ergonomic memory foam option) helps maintain proper neck alignment while you sleep, reducing morning stiffness. LUXURIOUS SLEEPING PILLOW Provides therapeutic relief for all sleepers and neck pain, you will wake up feeling fully r ERGONOMIC Proven contour design perfectly supports and aligns your head, neck, shoulder and back. You will fall asleep QUALITY MATERIAL Breathable memory form provides better air circulation to keep you cool and dry. Our hypoallergenic r Using computing devices like mobile phones, tablets, laptops, and desktops in a flexed or hyper flexed neck can result in loss of cervical lordosis. In a study conducted in Istanbul, Turkey, the researcher studied 156 neck pain sufferers and questioned their usage of these computing devices. The study linked the loss of neck curves with the use of computing devices, especially mobile telephones, in a neck-flexed posture. The study also stresses the ergonomic way of sitting on a desktop and using a mobile that prevents excessive neck bending. Raise your screen to eye level with anadjustable laptop stand(like this lightweight aluminum model) to avoid hunching. So next time, when working on a mobile or laptop, take note of your neck posture. Broader Compatibility: Nulaxy C3 laptop stand is compatible with all laptops between in 10-16 inches such as MacBook 12/ Ergonomic Riser: The laptop holder works as a riser to elevate the laptop screen to 7 and brings it to a perfect eye l Detachable & Simple Installation: This portable laptop stand has premium CNC cut aluminum alloy material that will make There is a small wearable device called Strack,developed to keep reminding and prompting you to straighten yourself when unknowingly, you would stoop forward working on a desktop. You can learn more about Strack here. Try these exercises for 30 days and share your results in the comments! Keep Reading: How to Cure Vertigo Permanently? These tips & exercises would help. What does it mean when you lose cervical lordosis?It means your necks natural C-curve has straightened or reversed, often causing neck pain, headaches, or arm tingling.Can a straight neck curve be fixed?Yes! Daily neck exercises, posture fixes, and ergonomic adjustments often restore the curve within weeks.What causes your neck to lose its curve?Common causes include slouching over phones (text neck), desk work, injuries, or aging discs.How can I prevent a straight neck?Prevent it by:1. Keeping your phone at eye level2. Using a lumbar-supported chair3. Doing 5-minute neck stretches dailyIs reverse cervical lordosis serious?Mild cases are often fixable with exercises, but severe nerve pressure may need a doctor. Watch for lasting numbness or weakness. Maintaining a healthy range of cervical lordosis is important. Each spinal section has a role to play in maintaining overall spinal health and function; the cervical spine has the added responsibility of supporting the head and acting as the bridge between the brain and the rest of the body. Continue reading to learn more about the cervical spines natural/healthy curve, and what happens when its lost.The vertebrae of the cervical spine bend inwards in a soft C shape, known as cervical lordosis; if there is a reversal of cervical lordosis, the vertebrae of the cervical spine bend in the wrong direction, and treatment is largely shaped by severity and cause.When it comes to the cervical spine experiencing a loss of its natural lordosis, the importance of its healthy curve has to be understood, so lets start there.A Healthy Cervical SpineIn a healthy spine, its natural curves are in place, and this is important because when the spines healthy curves are in place, its vertebrae (bones of the spine) are in a straight and neutral alignment, as they should be.When an unhealthy spinal curve develops, its replacing a healthy one, and this means some vertebral bodies have become unnaturally tilted and/or straight, shifting them out of alignment with the rest of the spine, and this doesnt just affect the spinal section it occurs in; it disrupts the biomechanics of the entire spine as each spinal curve is affected by the health of the others.There are three main sections of the spine: the cervical spine (neck), thoracic spine (middle/upper back), and the lumbar spine (lower back).Each spinal section has its own unique roles, characteristics, and curvature type, and as long as its curvature size falls within a healthy range, its vertebrae are aligned, but if a curvature becomes under- or over-pronounced, problems can occur.Roles of the Cervical SpineThe cervical spine consists of the spines first seven vertebral bodies (C1 to C7), and as mentioned, the cervical spine has to support the weight of the head and is particularly important because as the bridge between the brain and the rest of the body, it facilitates brain-body communication.Remember, a healthy spine doesn't just allow us to remain upright, practice healthy posture, protect internal organs, and engage in a range of flexible movements, the spinal cord within also partners with the brain to form the central nervous system (CNS).A healthy cervical spine has whats called lordosis, and this is a spinal curvature type that bends forward, resembling a standard C shape; the opposite curvature type is known as kyphosis, and this type of spinal curve bends backward in a reverse C shape.If the neck has a healthy range of cervical lordosis, it can optimally support the weight of the head, has a wide range of motion, and allows for signals to pass between the brain and the parts/systems of the body.Now that we have a good understanding of why a healthy cervical spine is important, lets talk about what happens when the cervical spines lordosis doesnt fall within a healthy range.What is a Reversal of Cervical Lordosis?When there is a reversal of cervical lordosis, vertebrae of the cervical spine have lost their natural lordosis and are instead bending backwards.A healthy range of cervical lordosis falls between 31 and 40 degrees, and if a persons lordosis doesnt fall within this healthy range, the necks natural curve is lost, causing the cervical spine to become excessively straight.When the necks natural and healthy curve becomes excessively flat, this can lead to whats referred to as military neck, due to how it resembles soldiers rigidly standing at attention, and/or forward head posture.Hyporlordosis can involve a loss of the necks healthy lordosis, and if the vertebrae of the cervical spine are bending in the wrong direction, this is called a reverse curve and/or a reversal of cervical lordosis.So what are some symptoms associated with a reversal of cervical lordosis?Reversal of Cervical Lordosis SymptomsWhen the vertebrae of the cervical spine bend in the wrong direction, they are becoming more kyphotic than lordotic, and if not addressed, some serious potential complications and symptoms can develop.As is the case with the majority of spinal conditions, symptoms are shaped by a number of important patient and condition variables: patient age and overall health, underlying cause, and severity.Symptoms associated with a loss of cervical lordosis can include:Pain in the shouldersNeck painUpper back painHeadachesDizzinessNauseaFatigueVertigoBrain fogMuscle pain/muscle spasmsReduced range of motion in the neckNumbness and/or tingling sensationsNerve painIssues with muscle-controlIssues with bladder controlWhen it comes to range of motion, while the effects of that loss are largely felt in the cervical spine and its immediate surroundings, it can also affect the lower bodys range of motion; sometimes, when there is a loss of the cervical spines healthy curve, the lumbar spine can add a compensatory curve in an attempt to counteract the uneven forces of the unnatural spinal curve above.Now that weve defined the condition, and some of its common symptoms, lets talk about how a loss of cervical lordosis can be treated.Treatment for Reversal of Cervical LordosisAs a CLEAR-certified scoliosis chiropractor, I follow the CLEAR Scoliosis Institute treatment approach and protocols.A conservative chiropractic-centered treatment approach offers patients an alternative to invasive spinal surgery and integrates multiple condition-specific treatment disciplines so treatment plans can be fully customized.The ultimate goal of restoring a patients cervical lordosis is to improve the necks range of motion and flexibility, strengthen the cervical spines surrounding muscles so the neck receives more support, and the spines biomechanics are improved.In order to treat a loss of cervical lordosis effectively, the conditions underlying cause has to be addressed, and there are different causes to consider.If the loss of lordosis is related to chronic poor posture and/or carrying excess weight, these are lifestyle factors that need to be proactively addressed.If the spine has lost its natural lordosis due to a spinal injury/trauma, the injury has to be addressed to make improvements to spinal health, function, and strength.If the presence of a spinal condition like hypolordosis or scoliosis is the cause of a loss of cervical lordosis, the underlying spinal condition has to be the focus of treatment, and this involves impacting conditions on a structural level.If a structural condition is impacted on a structural level, its underlying nature is being addressed, which can improve symptoms as the spines alignment is improved.Through condition-specific chiropractic care that involves a number of chiropractic techniques and manual adjustments, I attempt to adjust the position of the unnatural curves vertebrae so they are more aligned with the rest of the spine.Physical therapy and a number of therapeutic exercises can help relax and strengthen the necks surrounding muscles so the spine is optimally supported, posture and coordination are improved, and in addition, certain exercises are also known to stimulate specific areas of the brain for improved brain-body communicationIn addition, spinal weights can help with neurological retraining, and part of restoring a healthy degree of cervical lordosis can involve soft-tissue remodeling so the necks ligaments can be relaxed and rehabilitated to better support the cervical spine.The way the spine responds to treatment has to be monitored carefully so treatment plans can be adjusted accordingly, and by performing X-rays both at the beginning and end of treatment, I can ensure the spine has been impacted on a structural level for long-term sustainable treatment results.ConclusionIf the cervical spine loses its natural lordosis, this can involve a reversal of cervical lordosis as the vertebrae of the cervical spine bend backwards, instead of forwards as theyre supposed to; this makes the cervical spine more kyphotic than lordotic and can cause a number of issues, especially if left untreated.If a patients cervical spine becomes excessively straight, this can disrupt its ability to move flexibly, properly support the weight of the head, and pass signals from the brain to the rest of the body.Here at the CLEAR Scoliosis Institute, I have experience treating a wide range of spinal conditions, a reversal of cervical lordosis included.When it comes to restoring a healthy degree of lordosis to the cervical spine, what caused the loss of cervical lordosis has to be addressed.Treatment options can include lifestyle guidance and improvement, chiropractic care that works towards repositioning the cervical spines vertebrae that have become excessively straight, and physical therapy/a number of therapeutic exercises can help increase the cervical spines strength and flexibility, surrounding muscle strength and flexibility, improve posture and brain-body communication.When it comes to preventing a loss of cervical lordosis, leading a healthy spine-friendly lifestyle is key: maintaining a healthy weight, activity level, practicing good posture, understanding the ergonomics of heavy lifting, and avoiding looking down at devices, and straining the neck, for long periods of time.Arjuna Side Effects on Liver - Benefits, Uses, Dosage, ResultsHexaHealth Care TeamMonday, 28th November 2022 My chiropractor says I have a reverse cervical curve.The MRI says I have a reversed cervical lordosis.Theres no curve in my neck, and now its bending the other way. Is this a problem? Some people are unlucky enough to have a reverse cervical curve or a reversed neck. If you have ever been told you have a reverse curve, or suspect that you do, this article is going to teach you:_____Get an instant chiropractic care quote from us! No call or consult required._____ What a reverse cervical curve is Why it can be a problem And how you may be able encourage the neck to move toward a healthier alignment It includes some actual pictures from actual patients in my chiropractic practice in Auburn Hills, Michigan. So no hype. Just real information. (New video: Correcting the S-Shaped Curve) Healthy neck curve from real patient at Life In Alignment. With very few exceptions, most people should have a natural, gentle curve forward in their neck. Some necks will be naturally more curvy than others. The natural, normal curve is called lordosis, or to be specific, cervical lordosis. Cervical means neck. Some will have a very straight neck which some research has linked to trauma, like motor vehicle accidents. A straight neck is called a kyphosis. It can also be called military neck. And in some people this straight neck will begin to collapse forward, causing the neck bones to literally move backward in the opposite direction of a normal neck curve. Sometimes these backward moving neck bones happen at the bottom of the neck, and sometimes they happen at the top. It just depends on the patient. In some really tough cases, one part of the neck will be reversed, while the other part is actually increased into a normal curve. Only four of these patterns are true reverse curves. The patterns are Mild kyphosis (straight neck) Advanced kyphosis (with forward collapse at the top of the spine, usually C2 C4) C-Shape S-Shape Inverse S-shape Patterns two through five are true reverse cervical curve patterns. If you want to see examples of these patterns and a discussion of a few cases which show these patterns, see my answer to the question on Quora: Is it possible to restore the curve in your cervical spine? Personally, I believe this is a result of multiple traumas, often called whiplash injuries. Dont be confused by the term whiplash, because these injuries dont necessarily have to take place in a car. Some of the reverse curves I have seen have been in hockey players from the practice of checking players into the boards at fast speeds. I have also seen reverse neck curves in patients who deny ever being in a car accident, but have had concussion injuries, including concussion injuries in childhood. A reverse neck curve can involve any number of mild to debilitating symptoms. Lets talk about some of them. In my professional experience, reverse cervical curve is often associated with symptoms like: head pain, neck pain, shoulder pain, and spine pain patients can also experience arm and hand pain, or symptoms similar to thoracic outlet syndrome people with reverse neck curves are also prime candidates for headaches Headaches of all kinds and varieties are common in patients with a reverse cervical curve. Especially tension type headaches and headaches just under the bone at the back of the skull. Keep in mind: just because someone has a reverse cervical curve doesnt mean their symptoms will include any or all of the above, just that when we see these symptoms together, its common to see a curve reversal. Reverse neck curve may also impact the body in other ways that lead to more than just musculoskeletal pain. While medicine understands that a lot of head, neck, spine, and arm pain is directly related to joint alignment in the neck most doctors dont screen for these kinds of neck problems. In other words, as long as your neck is not broken or dislocated then a reverse curve may go a long time without being treated or even discovered. In fact, a reverse curve may not be discovered until you experience symptoms associated with disc swelling or herniation in the neck. Your neck may start to get attention if an intervertebral disc (disc for short) starts to get inflamed and painful. Discs can get swollen and even herniate, causing pain in the disc itself, or by causing inflammation or direct pressure on a nerve near the disc. This can lead to neuropathy symptoms, like pain, numbness, tingling and even muscle weakness in the shoulders, arms, or hands. Many patients with reverse cervical curves dont find out that their neck alignment is a problem until its bad enough to get an MRI due to these symptoms. At that point, the swollen disc gets all the attention, and the curve of the neck does not, other than the radiologist may note the loss of curve. Because a lot of people have this problem and may not yet experience severe symptoms, some people think the problem is therefore not a problem. Its a bit of fuzzy logic. With the amount of physical trauma from car accidents many of us endure, as well as the forward head posture we face from sitting down all day a lot of people have a loss of neck curve. And fewer have a reverse cervical curve. But just because your neighbor has a loss of neck curve doesnt mean that yours is not causing an issue. When the neck moves away from normal alignment it causes the neck joints to break down. Here is one hypothesis on why degeneration in the neck vertebrae is associated with loss/reverse of the neck curve A reverse curve changes the way the neck has to support the weight of the heavy head It limits normal range of motion in the neck, which often leads to chronic joint inflammation and a literal breakdown of the joint surfaces over time Ligaments are often stretched or torn in the trauma that caused the the neck curve to reverse These ligaments can then remain stressed and chronically irritated Chronically irritated ligaments often lead to chronic neck pain as neck ligaments are loaded with pain sensors Chronic neck pain then induces periods of muscle spasm a protective mechanism to help the joints which then lead to more cycles of inflammation The intervertebral disc (a pad of cartilage between the neck bones) has to deal with unnatural pressure, and it will often dry out and begin to herniate, especially at the level of C5 A study on the geometry of the neck seems to support this idea (1). In this study, x-rays of 186 patients with neck symptoms were examined looking at the shape and angles of the neck joints. Geometric analysis was focused on vertebral position, alignment, and gravitational loading acquired from the neutral lateral cervical radiographWe identified 5 geometric variables from the lateral cervical spine that were predictive 79% of the time for cervical degenerative joint disease. There were discrete age, sex, and symptom groups, which demonstrated an increased incidence of degenerative joint disease. Another study (2) looked at the relationship between the neck curve (sagittal alignment), motion, and disc degeneration: When the alignment shifted from normal to less lordotic [became more straight and lost curve], the translational motion and angular variation tended to decrease at all levelschanges in sagittal alignment of the cervical spine affect the kinematics. Consequently, it may cause changes in the segment subjected to maximum load for overall motion and accelerate its degeneration. MRI images of patients with reverse curves often show stress on the spinal cord The cord no longer sits in the middle of the neck, but is often pulled toward either side of the vertebra touching the bone a term called spinal cord effacement If the disc is bulging or joints are overgrown, they could be touching the spinal cord causing something called a thecal sack compression Functional MRI images can show changes in flow of cerebrospinal fluid the fluid that surrounds the cord as a protective barrier In some cases ligaments inside the neck can actually tug on the spinal cord creating a downward pull from the inside the neck a situation that can create all kinds of strange and confusing symptoms we generally associate with a trip to the neurologist or ENT. Even if there is no stretch to the cord, there can be stretch to the spinal nerves the leave the cord which can create numbness, tingling, and pain in the upper arms, forearms, hands, or fingers. A study investigating a relationship between loss of curve and the neck and pain found that patients with less than 20 degrees of neck curve were 18 times more likely to complain of a neck issue. (Any patients with an S or Inverse S curve were excluded from the study.) (3) Before his neck correction, this patient could not full look up, reducing the health of his joints. Im not aware of a study that looks at the health of the neck before a major injury to see if the patients neck alignment contributed to their injury. That means I cannot prove what Im about to say but I believe theres some logic behind it. I personally believe that patients with a reverse cervical curve are more likely to experience greater side effects of neck injury or even disability when they experience a bodily trauma. For lack of a better term all the available slack has been taken out of their healthy alignment to create an unhealthy alignment which has already stressed the bones, joints, ligaments, and muscles to their max, before the trauma. Just as someone with a depressed immune system is more likely to experience the complications of being sick someone with a reverse neck curve is more vulnerable to further physical injury. All things being equal, I would place my bets on more long term symptoms after a car accident for someone with a reverse curve than for someone with a normal curve. Yes, its possible a reverse cervical curve can move to a more healthy alignment. But it depends on the skills of the chiropractor and the health of the patient. And the correction is not guaranteed. Your age, health, and levels of injury and joint breakdown all can all play a role. And so can your lifestyle. If youre hunched over a smart phone 10 hours per day, all the best care in the world isnt going to be helpful in correcting your curve long term. Older patients with larger joint degeneration may not see much change in their reverse curve at all. On the other hand, younger patients with very little joint breakdown may experience a rapid change. Keep in mind that correcting a reverse curve probably wont mean a picture-perfect cervical lordosis. Instead it will probably look something like a straight neck. But thats still better than the stress of a reverse curve. Reverse S-shape configuration with reverse in upper cervical spine, almost completely corrects after 11 months without traction, stretching, or exercises. 14mm change in position of C4! Most chiropractors would probably agree that a series of chiropractic adjustments in the neck with some light neck traction would be helpful in unlocking a reverse cervical curve. While most chiropractors are very good at moving the neck and unlocking joints, I believe the reverse curve requires a few key ingredients that many practices dont provide. Keep in mind what youre about to read is my opinion only. For the maximum chance at undoing a reverse curve in the neck, the chiropractor should provide: X-rays of the neck taken from the side in a neutral posture. Plus, perhaps flexion-extension views of the neck to see which segments are locked in the mid-and lower neck. An upper cervical chiropractic protocol to correct the upper neck (upper cervical protocols are practiced by only about 5% of the profession) reverse curves can come out without correcting the upper neck first. But I believe but the chance is greater if the upper neck is corrected due to the incredible strain a misalignment in the upper neck places on the spine and nerve system, especially the tonic muscles of the neck A gentle but dynamic method to adjust the mid and lower neck if the neck is not unlocking or regaining normal range of motion from the upper neck correction. Its very possible for the curve to improve maximally, even when its reversed, from a great upper cervical correction However, some patients will not see a change in their curve until the top of the thoracic spine and the mid-neck is corrected as well. Which patient are you? Nobody knows until we try. The patient will want to: Use a little bit of light traction in the neck, by draping the mid or lower neck over a paper towel roll, rolled towel, or some sort of neck orthotic provided by the chiropractor, and used under the doctors direction Stretch the minor and major pectoral muscles daily, and even get deep tissue massage of the chest and abdominal muscles to help open up the muscles pulling down on the front posture Practice at-home postural corrective exercises that pull the shoulder blades back and strengthen the front of the neck so that the head is easier to carry over the shoulders Some chiropractors promote aggressive use of traction devices, including weights and equipment that puts the neck into a form of extension compression. I dont personally advocate this approach in my practice. From a mechanical view of your spine, a reverse cervical curve is challenging condition which can create a number of painful and debilitating symptoms. Most patients with a reverse cervical curve dont often know that this problem neck alignment is contributing to their symptoms or is even the cause of them. Even if they discover that they have a reverse curve, many patients are not informed that a reverse curve may be able to unlock and be partially corrected with quality spinal care. From my perspective as a chiropractor, youre most likely to have success coming out of a reverse curve if you Have you only have a little bit of joint degeneration Are willing to do daily exercises and stretches at home, including some light traction And get care from an upper cervical chiropractor who is willing to adjust the mid and lower neck if necessary (or refer out for that care after correcting the upper neck) Save Abnormal inward curvature of the lower spineThis article is about the human spinal shape and related disorders. For the animal sexual posture, see Lordosis behavior.Medical conditionLordosisDiagram showing normal curvature (posterior concavity) of the cervical (neck) and lumbar (lower back) vertebral column (spine)SpecialtyRheumatology, medical geneticsDiagnostic methodX-ray, MRI, CT ScanLordosis is historically defined as an abnormal inward curvature of the lumbar spine.[1][2] However, the terms lordosis and lordotic are also used to refer to the normal inward curvature of the lumbar and cervical regions of the human spine.[3][4] Similarly, kyphosis historically refers to abnormal convex curvature of the spine. The normal outward (convex) curvature in the thoracic and sacral regions is also termed kyphosis or kyphotic. The term comes from Greek lordos'bent backward'.[5]Lordosis in the human spine makes it easier for humans to bring the bulk of their mass over the pelvis. This allows for a much more efficient walking gait than that of other primates, whose inflexible spines cause them to resort to an inefficient forward-leaning "bent-knee, bent-waist" gait. As such, lordosis in the human spine is considered one of the primary physiological adaptations of the human skeleton that allows for human gait to be as energetically efficient as it is.[6]Lumbar hyperlordosis is excessive extension of the lumbar region, and is commonly called hollow back or saddle back (after a similar condition that affects some horses). Sway back is a different condition with a different cause, that at a glance can mimic the outward appearance of lumbar hyperlordosis. Lumbar kyphosis is an abnormally straight (or in severe cases flexed) lumbar region.Normal lordotic curvatures, also known as secondary curvatures, result in a difference in the thickness between the front and back parts of the intervertebral disc. Lordosis may also increase at puberty, sometimes not becoming evident until the early or mid-20s.[citation needed]In radiology, a lordotic view is an X-ray taken of a patient leaning backward.[7]This section needs more reliable medical references for verification or relies too heavily on primary sources. Please review the contents of the section and add the appropriate references if you can. Unsourced or poorly sourced material may be challenged and removed. Find sources:"Lordosis"news newspapers books scholar JSTOR (September 2016)Lumbar hyperlordosisLumbar hyperlordosis is a condition that occurs when the lumb

neck. The roll is too thin if you dont feel the upward pressure. We suggest starting with a towel roll that exerts a slight upward push on your neck without lifting your head or shoulders off the surface. If the roll is too thick and your head or shoulders arent in contact with the floor, unroll the towel slightly to decrease its size and try again. You can initially maintain this position for up to 10 minutes and gradually increase the duration to 15 minutes per session as you improve. We recommend doing this exercise at least three times per week, but increasing the frequency to 5 to 6 times is beneficial as long as it doesnt increase soreness. Its important to consider your sleeping position and how you use your pillow when you have reverse cervical lordosis. Here are a few simple tips which are very easy and important to consider. The first and very important point is to avoid using a thick pillow. Using a thick pillow can worsen the problem of reverse cervical lordosis and may not be suitable for you. You can use a specially designed cervical pillow. You may also use a towel or bedsheet roll. For this, place the roll under your neck, not under your head, so that your head touches the bed while you remain comfortable. Adjust the thickness of the roll as needed. This position provides support to the natural curvature of your neck and helps maintain a healthy neck curve, preventing flattening. You can also consider using acontoured cervical pillow(like this ergonomic memory foam option) helps maintain proper neck alignment while you sleep, reducing morning stiffness. LUXURIOUS SLEEPING PILLOW Provides therapeutic relief for all sleepers and neck pain, you will wake up feeling fully r ERGONOMIC Proven contour design perfectly supports and aligns your head, neck, shoulder and back. You will fall asleep QUALITY MATERIAL Breathable memory form provides better air circulation to keep you cool and dry. Our hypoallergenic r Using computing devices like mobile phones, tablets, laptops, and desktops in a flexed or hyper flexed neck can result in loss of cervical lordosis. In a study conducted in Istanbul, Turkey, the researcher studied 156 neck pain sufferers and questioned their usage of these computing devices. The study linked the loss of neck curves with the use of computing devices, especially mobile telephones, in a neck-flexed posture. The study also stresses the ergonomic way of sitting on a desktop and using a mobile that prevents excessive neck bending. Raise your screen to eye level with anadjustable laptop stand(like this lightweight aluminum model) to avoid hunching. So next time, when working on a mobile or laptop, take note of your neck posture. Broader Compatibility: Nulaxy C3 laptop stand is compatible with all laptops between in 10-16 inches such as MacBook 12/ Ergonomic Riser: The laptop holder works as a riser to elevate the laptop screen to 7 and brings it to a perfect eye l Detachable & Simple Installation: This portable laptop stand has premium CNC cut aluminum alloy material that will make There is a small wearable device called Strack,developed to keep reminding and prompting you to straighten yourself when unknowingly, you would stoop forward working on a desktop. You can learn more about Strack here. Try these exercises for 30 days and share your results in the comments! Keep Reading: How to Cure Vertigo Permanently? These tips & exercises would help. What does it mean when you lose cervical lordosis?It means your necks natural C-curve has straightened or reversed, often causing neck pain, headaches, or arm tingling.Can a straight neck curve be fixed?Yes! Daily neck exercises, posture fixes, and ergonomic adjustments often restore the curve within weeks.What causes your neck to lose its curve?Common causes include slouching over phones (text neck), desk work, injuries, or aging discs.How can I prevent a straight neck?Prevent it by:1. Keeping your phone at eye level2. Using a lumbar-supported chair3. Doing 5-minute neck stretches dailyIs reverse cervical lordosis serious?Mild cases are often fixable with exercises, but severe nerve pressure may need a doctor. Watch for lasting numbness or weakness. We help you choose the right doctor and the right hospital for your treatment. #SurgeryKeHarModPeHexaHealth hai na!We provide a dedicated Care Buddy to support you throughout your hospitalization at zero cost. #SurgeryKeHarModPeHexaHealth hai na!We assist you in getting the best post-operative care, so you can recover faster.HerniaPilesGallstoneGynaecomastiaVaricose VeinBreast AbscessPregnancyAngioplastyKnee ReplacementIVFPacemakerArthroscopyHysterectomyCircumcisionBest Care Guaranteed500+NABH Hospitals1500+Expert Doctors25000+Happy PatientsTop HospitalsTop SurgeonsWe take care of all aspects of surgery so you dont have to.Expert Surgeons with 10+ Years ExperienceTop JCI & NABH Accredited HospitalsPersonal Care AssistanceInsurance Approval & ClaimNo Cost EMIPost Surgery CareRajesh SharmaLaser Piles SurgeryI got connected with HexaHealth and they did everything on my behalf. Even when I got admitted to the hospital, they were there for me like my brother, and I did not need anybody else do things for me. It was a very seamless process which HexaHealth have done for me.Recent StoriesRajesh SharmaLaser Piles SurgeryAnupamaFissure SurgerySiddhantLipomaMadhuHerniaMeharbanSeptoplastyWith HexaHealth you get a personal Care Buddy who is there at the hospital to help and guide you through entire process. Be it tests, paperwork or insurance claim, the Hexa Care Buddies handle everything for you at the hospital with care. Get a free consultation from our top surgeons having experience of 15+ years who can give you more clarity on your surgery options.HexaHealth VideosThe Future of Healthcare: Trust, Simplicity & Real Impact | Ankur Gigras x Ranjith Menon30th Apr 2025, 11:19 AMMost people wait for a sign this video might just be yours.9th Apr 2025, 11:15 AMTop 5 Eye Care Mistakes Youre Probably Making!7th Apr 2025, 01:39 PMWorld Autism Awareness Day2nd Apr 2025, 03:36 PMThe Weight Loss Secret No One Told You! | No Surgery Needed!29th Mar 2025, 03:32 PM KBC Health Edition: Can You Answer These Cancer Questions? | Anal & Colorectal Cancer Awareness 21st Mar 2025, 11:56 AMCelebrating the Women of HexaHealth | IWD20258th Mar 2025, 08:58 PMMeet the Women Who Heal, Lead, Innovate, and Care8th Mar 2025, 12:35 PMLatest Health Articles in HindiIn a healthy spine, the neck has a gentle lordotic curve, meaning it bends forward towards the bodys center. Cervical lordosis is important because the neck has to support the weight of the head. A loss of cervical lordosis can cause an unnaturally straight neck, or it can involve a reversal, where the necks curve bends in the wrong direction, becoming more kyphotic than lordotic. Cervical lordosis refers to the natural C-shaped curvature of the neck, which is the bridge between the brain and the rest of the body. When the vertebrae in the neck bend in the wrong direction, it is considered to be a reversal of cervical lordosis and is associated with a variety of causes. Lets start our discussion of what it means to have a reversal of cervical lordosis by exploring why maintaining a healthy cervical lordosis is so important. The neck is indispensable to overall health. As mentioned, it forms the bridge between the brain and the rest of the body. As the spine works in tandem with the brain to form the bodys central nervous system (CNS), spinal conditions have the potential to cause issues throughout the body, and not just in the back. Optimal health depends upon the brain-body connection and signals getting through to all organs and systems of the body. The cervical spine in the neck consists of the first 7 spinal vertebrae (bones of the spine), and when healthy, its shaped like a wide C with the curve facing forward. Understanding the concept of the reversal of cervical lordosis, its causes, and how it differs from conditions like kyphosis vs lordosis and flat back syndrome is crucial for anyone dealing with spine-related concerns, including understanding what causes lumbar lordosis. The cervical spines natural lordosis (forward-facing curvature) allows the neck to support the weight of the head and provides a range of motion in the neck, but what does it mean to have a reversal of cervical lordosis? While cervical lordosis has a healthy curvature-degree range of between 31 and 40 degrees, if that range falls beyond a normal level as the curvature is lost, the neck starts to straighten out and problems can occur. When the curve flattens out, often referred to as military neck, a condition called hypolordosis can be to blame, and when the cervical curve faces the wrong direction, this is known as a reverse curve or a reversal of cervical lordosis. The spines natural curvatures make it stronger, more flexible, and better able to absorb and distribute mechanical stress, so when a natural curve is lost, it doesnt just affect that one area of the spine, but disrupts the entire spines biomechanics. Reversal of cervical lordosis, also known as straightening of the normal cervical lordosis, can occur due to various factors like degenerative disc disease or cervical kyphosis, leading to potential spinal cord issues, and it may require specific treatments to address the condition and related neck muscle concerns. There are different causes for a loss/reversal of cervical lordosis. A loss of cervical lordosis can have multiple causes and can also be the result of a combination of factors, instead of having one clear causative source. Accidents, injuries, and repeated postural issues such as constantly looking down at devices can put a strain on the body, and over time, can lead to cervical-lordosis issues. It can be surprising, but just a forward-shift in posture as little as an inch at the cervical level can increase the weight of the head on the neck, shoulders, and supportive muscles exponentially, known as forward head posture. The extra weight, over time, can pull the entire spine out of alignment, causing tension headaches, tight upper back/shoulder muscles, and neck pain. In addition, a variety of spinal conditions can also lead to a loss of cervical lordosis, such as hypolordosis, hyperlordosis, hyperkyphosis, osteoporosis, and scoliosis. Reversal of cervical lordosis occurs when the natural, curved neck spine loses its curve and becomes straight; this straightening of the cervical spine can be dangerous as it may lead to pain, reduced mobility, and other complications. When spinal conditions that involve a loss of the spines healthy curvatures develop, its not unusual for the spine to put in compensatory curves. For example, if a person has hyperkyphosis of the lumbar spine, the cervical spine can develop a hyperlordotic curve to try and counteract the abnormal spinal curve in the lower spine. Structural spinal conditions like scoliosis introduce many uneven forces to the body that cause unnatural spinal curves to develop, which can lead to a loss of cervical lordosis. Conditions that weaken the spine, such as osteoporosis, can lead to fractures and intervertebral disc issues that impair the spines ability to maintain its healthy curvatures. If a person has pre-existing damage to the spinal ligaments or discs caused by a condition, trauma, or accident, the spine is particularly vulnerable to losing its natural and healthy curves/alignment. Similar reading: How To Fix Lumbar Lordosis To reiterate, a reversal of cervical lordosis occurs when the cervical spines vertebrae bend in the wrong direction. While lordosis refers to the spines inward curvatures that form a soft C shape, kyphosis refers to the opposite curvature type that bends outwards in a reverse C shape. The cervical spine has a natural lordotic curve, but if it reverses and starts to bend outwards, it becomes more kyphotic than lordotic. If left untreated, reversal of cervical lordosis can cause serious issues. Depending on a variety of factors such as patient age, causation, and severity, a reversal of cervical lordosis can cause a variety of serious symptoms and potential complications. Muscle pain Neck/shoulders/upper back pain Limited range of movement in the neck or lower back (due to compensatory curve development) Muscle spasms Numbness Tingling Nerve pain Muscle-control issues Bladder-control issues Additional reading: What Is Spondylosis? Types of Spondylosis & Treatment Here at the Scoliosis Reduction Center, I use a chiropractic-centered conservative treatment approach that integrates a number of treatment disciplines for better treatment efficacy and a truly customized approach. The goal of restoring a loss of cervical lordosis is to strengthen muscles and improve the necks range of motion, flexibility, and improve the spines biomechanics for optimal health and function. To restore a loss of cervical lordosis, its underlying cause has to be addressed. If its related to posture and/or obesity, those are lifestyle issues that can be corrected. If a spinal injury or trauma has weakened the spine and caused the loss of cervical lordosis, the injury has to be treated proactively in order to improve the spines health, strength, and function. When a spinal condition such as hypokyphosis, scoliosis, or osteoporosis is the cause, those conditions have to be the guiding force of the treatment. As they are impacted on a structural level, related symptoms are addressed/alleviated as the spines vertebrae are adjusted back into a healthier alignment with the rest of the spine. Here at the Center, I combine precise chiropractic adjustments, therapies, and exercises, so they work together to relax certain muscles, reposition vertebrae, and activate certain areas of the brain that affect balance, posture, and coordination. Spinal weights can be effective at inducing neurological retraining, and soft-tissue remodeling focuses on restoring, relaxing, and rehabilitating the ligaments in the neck for better support. By taking an X-ray at the onset and completion of treatment, I can see how the spine has responded to treatment and whether or not the cervical spine has been impacted on a structural level. Reversal of cervical lordosis, also known as Dowagers hump or straight back syndrome, occurs when the natural cervical curve is lost and replaced with kyphosis. Understanding what it is, its potential causes, and the distinctions between kyphosis and lordosis is crucial for managing spinal health effectively. When it comes to the spine, in order for it to perform optimally, it has to be able to maintain its natural curvatures and alignment. The spine has three main sections: lumbar (lower back), thoracic (middle/upper back), and cervical (neck). As each section has its own characteristic curvature type and size range, you can likely imagine how one section developing an unnatural curve would residually affect the spines other curvatures, which is why one unhealthy curve disrupts the biomechanics of the entire spine. A loss of cervical lordosis is when the neck becomes unnaturally straight, known as military neck caused by a forward head posture, and can also involve when the necks natural lordosis reverses into kyphosis. In other words, the cervical spine thats supposed to bend inwards reverses and bends outwards instead. With multiple causes ranging from obesity and bad posture to spinal injury, trauma, disease, or the presence of other spinal conditions, effective treatment will depend on the factors that led to the loss of cervical lordosis. If you, or someone you care about, are experiencing unexplained neck and shoulder pain and/or noticing a reduced range of motion in the neck, it could result from losing the necks healthy curve. Here at the Scoliosis Reduction Center, patients experiencing a loss of cervical lordosis will be assessed, diagnosed, and treated proactively. Through combining various treatment disciplines such as condition-specific chiropractic care, in-office therapy, custom-prescribed at-home exercises, and corrective bracing, we can work towards restoring as much of the necks natural curve as possible, thus improving the spines overall health, function and improving the brain-body connection. A healthy spine will appear straight when looking at someone from the front and/or back, but take on a soft S shape when viewed from the sides; this is because each of the spines main sections have a natural curvature. Lordosis refers to the spines inward curves of the neck and lower back, but if an individuals lordosis falls beyond a normal range, it can disrupt the biomechanics of the entire spine.The human spine has natural curves that help it absorb shock, support the weight of the head, and stabilize the body, but a spine thats excessively curved can also cause problems. Lumbar hyperlordosisrefers to when the lower backs inward spinal curve becomes too pronounced.Before getting into the specifics of lumbar lordosis, lets touch on some basic spinal anatomy for a better understanding of how the spines curves work together to preserve overall spinal health and function.Anatomy of the SpineThe spine is a complex structure with many moving parts and has three main sections: cervical (neck), thoracic (middle/upper back), and lumbar (lower back).The spine is made up of square/rectangular-shaped bones called vertebrae, and these are stacked on top of one another in a straight and neutral alignment.Adjacent vertebrae are separated by intervertebral discs that provide cushioning to help prevent friction, particularly during movement, and this helps protect the bones from degeneration.The discs also work together to facilitate flexible movement, provide the spine with structure, and act as its shock absorbers.So the discs, vertebrae, and the muscles that surround the spine work together to maintain its natural curvatures and alignment, and the integrity of each spinal curve at each spinal section is dependent on the others.The two main types of spinal curvatures are known as kyphosis and lordosis.Kyphosis and LordosisKyphosis refers to the backward curvature of the thoracic spine or middle back, that bows away from the bodys center in a reverse C shape, while lordosis refers to the spinal curves of the cervical and lumbar sections that bow inwards, towards the bodys center in a standard C shape.While these natural curvature types help the spine function, if one becomes excessive and falls beyond a healthy curvature-degree range, problems can occur, and this is known simply as lordosis, or hyperlordosis.Lumbar lordosis means the lower back has an excessive lordotic curve, which can cause a variety of symptoms and has a number of causes, which well return to.So what exactly is a healthy curvature-degree range of cervical and lumbar lordosis?Similar: Understanding Your Spine: Loss of Cervical LordosisA healthy range of lumbar lordosis would fall between 35 to 45 degrees, but if a curvature size becomes excessive and falls beyond the normal and healthy range, the spine is affected adversely.So now that we have defined lumbar lordosis, lets discuss some common causes of the spinal condition.What Causes Lumbar Lordosis?There are a number of spinal conditions that involve a loss of its healthy curves, and while the necks lordosis can also become problematic, hyperlordosis most commonly affects the lower back.Lordosis can also involve more than one spinal section; for example, if the excessive lordosis involves the lower thoracic and upper lumbar spine, this is diagnosed as thoracolumbar lordosis.The lumbar spine consists of 5 vertebrae (L1 to L5), and these vertebrae experience the most stress as the lower back supports the weight of the rest of the spine.The lumbar spine connects to the pelvis and also supports the weight of the bodys trunk, not to mention bearing the brunt of stress from lifting/carrying items; this is why lower back pain (LBP) is the most common type of back discomfort.So what are the symptoms of having excessive lumbar lordosis, aka lumbar hyperlordosis?Symptoms of Lumbar LordosisWhen a person has an excessive lordotic curve in the lower back, the condition can cause a number of symptoms.Due to the excessive curvature, a person with lumbar lordosis wouldnt be able to lie flat on the floor without having space between the lower back and the floor.While back pain can be a real issue for people with lumbar lordosis, it can have different causes from adverse spinal tension to trunk weakness, short hamstring muscles, and weakened thighs.When the spine has an unnatural curve, this doesnt solely affect the spine, but also its surroundings; the uneven forces introduced by an unnatural spinal curve can cause muscle imbalance as surrounding muscles/tendons struggle to support an unnaturally-curved spine.Also Read: Straightening Of The Lumbar LordosisAdditional lumbar lordosis symptoms can include:Back painMuscle painNumbnessTinglingWeaknessBladder/bowel problemsThe most common visual symptom of lumbar lordosis is a swayback appearance as the buttocks and abdomen protrude excessively, becoming more prominent.Now that we have defined and discussed the condition and its common symptoms, lets talk about causation.What Causes Lumbar Lordosis?There are many different causes of lumbar lordosis from the presence of other spinal conditions to lifestyle choices. Following are some of the most common:KyphosisAs mentioned earlier, the integrity of each spinal sections curve is dependent on the health of the others, so when one healthy spinal curve is lost, compensatory curves can develop in an attempt to restabilize the spine and maintain balance.Therefore kyphosis, aka hyperkyphosis, that causes a roundback appearance, can cause the lumbar spine to compensate for the imbalance created by the unnatural curve above by becoming excessive itself: hyperlordosis.Posture and AccidentsThe most common cause of changes to the normal patterns of spinal curvatures (either an increase or decrease) are related to posture and accidents; how you sit and stand directly affects your spinal position and will actually affect the overall mechanics leading to a change in its normal/optimal position.Accidents including motor-vehicle accidents, slip and falls, and sporting injuries can all contribute to a change of position both positively and negatively; the direct forces that happen as a result of these incidents will change the position of the spine.OsteoporosisThe presence of spinal conditions/diseases that impact the integrity of the vertebrae themselves, such as osteoporosis, can cause the bones of the spine to become weak, compromising the spines structural integrity.Osteoporosis is a disease that involves a loss of bone density, most commonly affecting women as they age and go through menopause-related changes to bone density and hormone levels.SpondylolisthesisSpondylolisthesis most commonly affects the lumbar spine and involves one vertebral body slipping forward over the one below.Commonly caused by disc degeneration, spondylolisthesis puts pressure on the lower vertebra, affecting the areas integrity.ObesityAs mentioned, there are certain lifestyle choices that can have a negative effect on the spine over time, such as not maintaining a healthy weight.Carrying excess weight not only puts extra pressure on the joints of the spine, it can also cause people to lean backwards excessively in an attempt to improve balance, but this commonly ends up negatively impacting posture and the position of the spine.ConclusionMaintaining the spines natural curves and alignment are key to preserving its optimal health and function.As a CLEAR-certified scoliosis chiropractor, I have experience treating a wide range of spinal conditions, including lumbar lordosis.Lumbar lordosis involves an excessive lordotic curve of the lower back, commonly causing a swayback appearance with the buttocks and abdomen protruding excessively.Additional symptoms of lumbar lordosis can include back and/or radicular pain, sensations of tingling and numbness, muscle pain, and changes to balance and gait.Causes of lumbar lordosis can range, but commonly involve intervertebral disc issues, the presence of other spinal conditions such as kyphosis, osteoporosis, spondylolisthesis, and obesity.Through condition-specific chiropractic care, a variety of therapies, custom-prescribed exercises, and lifestyle guidance, I can help patients work towards restoring as much of the spines healthy curves as possible, in addition to increasing core strength so the spine is optimally supported and stabilized.While not all forms of lumbar lordosis will produce noticeable symptoms and require treatment, those that involve a fixed curve, as in one that isnt reduced/altered by a change of position will need treatment to impact it on a structural level.

How to correct cervical lordosis. Restore cervical lordosis. How long does it take to fix reverse cervical lordosis. Fixing lordosis. Fix cervical lordosis. Can reversal of cervical lordosis be corrected. How to restore lordosis in neck. What causes reversal of cervical lordosis.