

**2022 Clinical Symposium  
April 28-30, 2022  
InterContinental Hotel  
New Orleans, LA**

**Presenter: Dr. Charles Blum**

**Title: Forward Head Posture a “New Category”**

**Date/Time: Friday April 29<sup>th</sup>, 2pm – 4pm**

**Summary:** Category FHP is a comprehensive new category within SOT that can be part of category two and one treatment or as a stand-alone category independent of category two or one. This whole body category FHP can involved ascending kinematic patterns from the lower extremities or descending kinematic patterns from the craniofacial region (commonly due to limited growth and development). Airway compromise is common with this category and treatment includes novel use of blocks for the pelvis, shoulders, and rib cage; sternal roll for hyperkyphosis presentations, various specific craniofacial procedures; and an assortment of rehabilitative exercises and ergonomic modifications.