TRANSFORM
CHIROPRACTIC

(416) 604-4184

Transform Chiropractic Highlights Neck Curve Correction Exercise to Address Modern Posture Concerns

November 12, 2026

November 12, 2026 -
Transform Chiropractic, a Toronto-based clinic specializing in spinal health, is drawing attention to the growing prevalence of forward head posture and offering guidance on a targeted neck curve correction exercise designed to support healthier cervical alignment. The clinic has released detailed instruction on the technique as part of an ongoing effort to educate the public about posture-related discomfort linked to everyday device use.

The increased reliance on smartphones, laptops, and other digital screens has contributed to a rise in forward head positioning, a condition in which the head drifts ahead of the shoulders and places added strain on the muscles and structures of the neck. Over time, this habitual posture can reduce the natural curve of the cervical spine and contribute to stiffness, discomfort, and reduced mobility.

To help address these concerns, Transform Chiropractic is highlighting a method known as posterolateral tracing, also referred to as thumb tracing. The movement mimics the natural motions that help form a healthy cervical curve, similar to the movements infants make during early development. It engages the

sternocleidomastoid muscles, the upper trapezius, the suboccipital muscles, and the rotator cuff, encouraging improved coordination and muscle function throughout the neck and shoulders.

The neck curve correction exercise by Transform Chiropractic involves extending one arm forward with the thumb raised to eye level, fixing the eyes on the thumbnail, and then tracing the arm diagonally backward and upward over the shoulder while the eyes continue to track the thumb. The movement is performed in controlled repetitions on each side, ideally twice daily. After several weeks of consistent practice, the exercise can be advanced by rotating the head diagonally upward without the guidance of the thumb.

"Forward head posture has become one of the most common patterns seen in clinical practice, largely because so much of daily life now takes place looking down at a screen," said Dr. Byron Mackay of Transform Chiropractic. "The thumb tracing movement is valuable because it is not simply a stretch. It is a neurological exercise that helps retrain how the neck moves, encouraging the spine to rediscover its natural curve over time."

Dr. Mackay noted that consistency and patience are central to results, and that individuals experiencing persistent pain should seek professional assessment before beginning any new routine. "An exercise like this works best as part of a broader approach to spinal health," he said. "Professional guidance helps ensure the movement is performed correctly and that any underlying issues are properly identified and addressed."

Transform Chiropractic of Toronto encourages individuals who experience ongoing neck discomfort to combine the technique with complementary movements, including neck retraction and targeted stretching, for more complete support of cervical health.

Transform Chiropractic is located in Bloor West Village and is led by Dr. Byron Mackay and Dr. Elizabeth Viglasky, who together bring more than two decades of experience treating conditions such as neck pain, back pain, sciatica, headaches, and posture-related concerns. The clinic has served the West Toronto community for 25 years, providing patient-centered chiropractic care alongside educational resources and exercises intended to support long-term spinal health.

###

For more information about Transform Chiropractic, contact the company here:Transform ChiropracticDr. Byron Mackay416-604-4184transformchiro@gmail.comToronto West Professional Centre, 2425 Bloor St W #410, Toronto, ON M6S 4W4

Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

Website: https://www.transformchiropractic.com/

Email: transformchiro@gmail.com

Phone: 416-604-4184

