

The alignment and curves of the spine are intended as shock absorbers for the weight of the head and trunk.

When we lose these curves or when we lose the symmetry of the spine, the spine is put under strain.

The result is pain; and if not corrected, eventually scar tissue, fibrosis and arthritis.

Why Improve Posture?

- Every health philosophy, Chinese medicine, acupuncture, yoga, etc., all believe that with good posture there is improved health and vitality.
- Freeman, a U.S. researcher, found that shifts in the body's centre of gravity from aging, cause trunk postural deviations leading to:
 - Intestinal diverticulitis
 - Hemorrhoids
 - Varicosities of the legs
 - Osteoporosis
 - Hip and foot deformation
 - Overall poor health and quality of life

How Do We Lose Our Healthy Posture?

Unfortunately, our modern society forces us to use our body in many unnatural ways:

- Prolonged sitting
- Repetitive strain on the job
- Playing musical instruments
- Trauma

These all mold the spine, whether slowly or suddenly, into unnatural positions.

Can Posture Loss Be Changed?

Yes! To change posture, two things must happen:

1. *Flexibility* must be created in the scarred muscles and ligaments of the spine.
2. The *muscles* of the spine must be *retrained* to support the new posture.



With most people, the problem is forward head posture, which is caused by a lifetime of sitting, bending over, and slouching.

Treatment:

1. Exercises

Ten minutes a day on the Foam Neck Wedge



2.

Adjustments by a Chiropractor

The adjustment is a small stretch of the misaligned joints. This removes pressure and opens up the pathway for normal nerve function.



4. Application of Head Weights

Whenever a weight is placed on the body, the body reacts predictably; e.g. , when you carry a suitcase, you lean the other way or when you carry a baby on your hip, you cause your body to lean to get your hip under the baby.



We use these same principles to undo the posture created by accidents, sitting, and repetitive movements on the job. The Weights are a small headband weighing 1 or 2 lbs. These are placed in position as required. Weights are worn 1/2 hr per day for 4-6 weeks to counteract your posture problem.

To achieve the above, this clinic follows and implements the research of the Pettibon Biomechanics Insititue.