

With Poor Posture.....

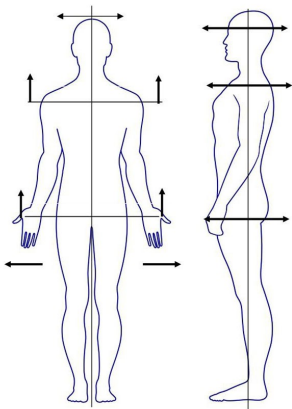
- ★ **Your body doesn't work as well** – *“Posture affects and moderates every physiologic function from breathing to hormonal production...” “Ultimately, it appears that homeostasis and autonomic regulations are intimately connected with posture.”* C.N. Shealy, M.D., Am. Journal of Pediatric Medicine 1994, Vol. 4 #1.
- ★ **You don't take in as much oxygen** – Forward head posture results in loss of vital capacity of the lungs. Lung capacity is depleted by as much as 30%. This shortness of breath can then lead to heart and blood vascular disease.
- ★ **You can have problems with bowels (digestion)** - The entire gastrointestinal system is affected, particularly the large intestine. Loss of good bowel peristaltic function and evacuation is a common effect of forward head posture.
- ★ **You may feel more pain** - Forward head posture causes an increase in discomfort and pain because: Nerve signals sensing position from the first 4 vertebrae in the neck are a major source of the stimuli which create the body's pain controlling chemicals (endorphins). With inadequate endorphin production, many otherwise non-painful sensations are experienced as pain. Forward head posture dramatically reduces endorphin production by limiting the range of motion of the cervical spine.
- ★ **You won't look as good** – Poor posture is not as attractive as good posture. The shoulders slump, the belly “pooches” out and your midsection looks thicker.
- ★ **You can get tired out more easily**– When your posture is poor, your body has to work harder to do everything. Any activity you do (sports, walking, running playing) will also be harder when your posture is poor.
- ★ **“As the twig is bent, so grows the tree** - Poor posture when we are young will result in the body growing into those postures as an adult. The postural misalignment will become more pronounced and permanent with age.
- ★ **You can feel more down**– When our shoulders sag forward and our head drops down, our breathing becomes more shallow, heart rate may slow and overall, the body's systems are depressed. Long term, ‘down’ attitudes will have a negative impact on our immune system and our health
- ★ **You won't be as good at sports**– When our posture is off, it affects our balance and our movement. This will have a negative impact on performance.
- ★ **The spine and joints may wear out early** - When posture is poor, alignment is off and the spine can wear out early–just like your tires will wear unevenly if the alignment is off.

Remember–your spinal alignment and function can affect every aspect of your health and well-being. Take good care of it!!!

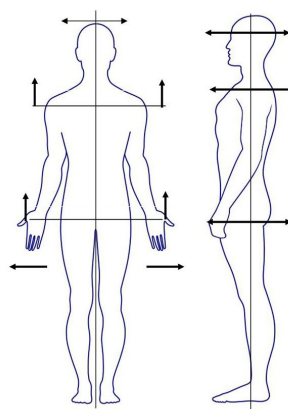
Assess Your Family's Posture

Posture is a window to the spine and a critical tool to interpret spinal health. Postural distortions are more than cosmetic in nature—they can ultimately impact our health and well being on many levels. Take the quiz below and check your family and friends to see what imbalances may exist.

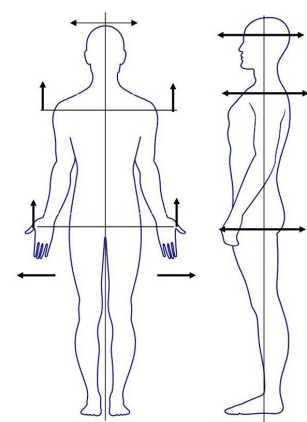
Looking from the front	0 Points	1 point		2 points	
1) Head tilt (look at eyes)	Balanced	Tilted a little	Lt / Rt	Tilted a lot	Lt / Rt
2) Shoulder tilt (top of shoulders)	Balanced	Tilted a little	Lt / Rt	Tilted a lot	Lt / Rt
3) Hip tilt (Put hands at hips on bone)	Balanced	Tilted a little	Lt / Rt	Tilted a lot	Lt / Rt
4) Head centered over chest	Balanced	Shifted a little	Lt / Rt	Shifted a lot	Lt / Rt
5) Chest centered over hips	Balanced	Shifted a little	Lt / Rt	Shifted a lot	Lt / Rt
6) Hips centered over feet	Balanced	Shifted a little	Lt / Rt	Shifted a lot	Lt / Rt
Looking from the side					
1) Ear over shoulder	Directly	Slightly forward/ backward		Far forward/backward	
2) Shoulder over hips	Directly	Slightly forward/ backward		Far forward/backward	
3) Hips over ankles	Directly	Slightly forward/ backward		Far forward/backward	
4) Shoulders rounded forward	No	Slightly		Significantly	
5) Middle back curve (should curve backward)	Slight curve	Increased /decreased curve		Exaggerated curve	
6) Lower back curve (should curve forward)	Slight curve	Increased/decreased curve		Exaggerated curve/ straight	
Totals					



Name: _____
Score: _____



Name: _____
Score: _____



Name: _____
Score: _____

Posture score above 3 can indicate significant structural imbalance and should be followed up by your Chiropractor for further assessment .