

DID YOU KNOW...

that Chiropractic care improves posture?



Long-standing postural problems typically take longer to address than short-lived ones since, often, the joints have adapted to the poor posture. A conscious awareness of one's posture and knowing what is correct for standing, sitting and lying down will gradually replace poor posture. This will then encourage a move toward a better and healthier body position.

A Doctor of Chiropractic can assist the body in returning to a proper posture in several ways:

- Recommend exercises to strengthen core postural muscles
- Assist with choosing proper postures depending on activities
- Adjusting misaligned vertebrae to straighten the spine and encourage proper posture

For more information visit:
http://www.acatoday.org/content_css.cfm?CID=1452