

#386 Posture Check Transcript

Posture Check Brochure

Header: (Posture)
Should You be Seeing a Doctor of Chiropractic?

FIND OUT

Headaches, back pain, numbness, tingling, and other health problems can often be traced to the spine.

Many things can cause the moving bones of the spine to lose their normal motion or position. This can irritate or choke the sensitive nerves that branch off the spinal cord to service the organs and tissues of your body. Many spinal problems can cause postural changes. Take a few moments to check a loved one. If you discover problems, encourage them to seek a professional chiropractic examination.

TRY THIS SIMPLE TEST

Photo: Subject with eyes closed marching in step

Have adults or children being tested stand on a hard, flat surface. Have them close their eyes and "march in place" 2 or 3 steps and then stop.

With their eyes still closed, have them nod with their head 2 or 3 times as if they were looking at the floor and then at the ceiling, stopping where they feel comfortable.

Photo: Subject with eyes closed flexing, extending head, and returning to neutral position.

With their eyes still closed, examine their posture. From the front, all 9 test points should line up. If they are not in alignment, schedule a chiropractic examination today.

Photo: Subject with eyes closed facing the camera

Still with their eyes closed, test their posture from the side. There are 4 points that should line up. Again, if these points are not in alignment, seek a thorough chiropractic examination.

Photo: Lateral view of the subject with eyes closed. White dots are printed at the four test points along a vertical white line

Photo: Mom checking daughter's low shoulder

A low shoulder is a common postural deviation that may be an indication of a spinal malfunction with possible nervous system involvement.

Photo: Lateral upper torso of two different subjects. Overprinted red and white lines show that head is jutting too far forward.

A common indicator of spinal stress is a head that is leaning too far forward. This puts wear and tear on the spine, leading to degenerative changes.

Photo: Close up of uneven shoe wear.

Frequently, uneven shoe wear indicates some type of spinal imbalance. Examine a pair of shoes for unusual signs of wear.

Photo: Uneven hem on women's skirt

Often, unequal pant leg length or an uneven skirt hemline can indicate a low hip or some other spinal problem.

Photo: Woman on phone

If you detected a possible problem, schedule a chiropractic examination. Spinal problems rarely get better on their own and often get worse with time.

CALL FOR AN APPOINTMENT NOW!