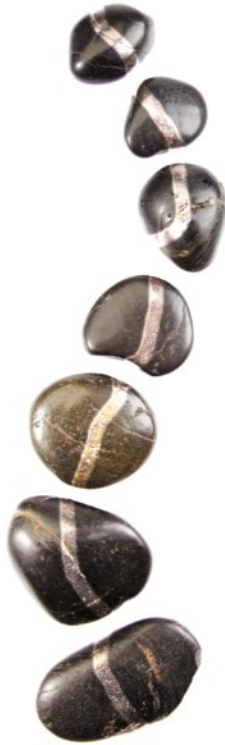


Posture

The Backbone of Your Health



Education Series: FAQs

Newton Chiropractic & Wellness Centre

Is posture the problem or a sign of the body needing help?

Have you ever been told to stand up straight or been scolded for slouching at your desk or at a family dinner?

The good news is that most everyone can avoid the problems caused by bad posture...and you can make improvements at any age.

Posture Problems Can Increase the Likelihood of:

- Arthritis
- Increased stress
- Tension headaches
- Altering hormones
- Digestive issues
- More accidents
- Reduced life span
- Reduced blood flow
- Deepened depression
- Decline in emotional state
- Breathing reduced (up to 30%)
- Extra wear and tear on muscles and ligaments

(PubMed, Prevention Magazine, Harvard Posture Study)

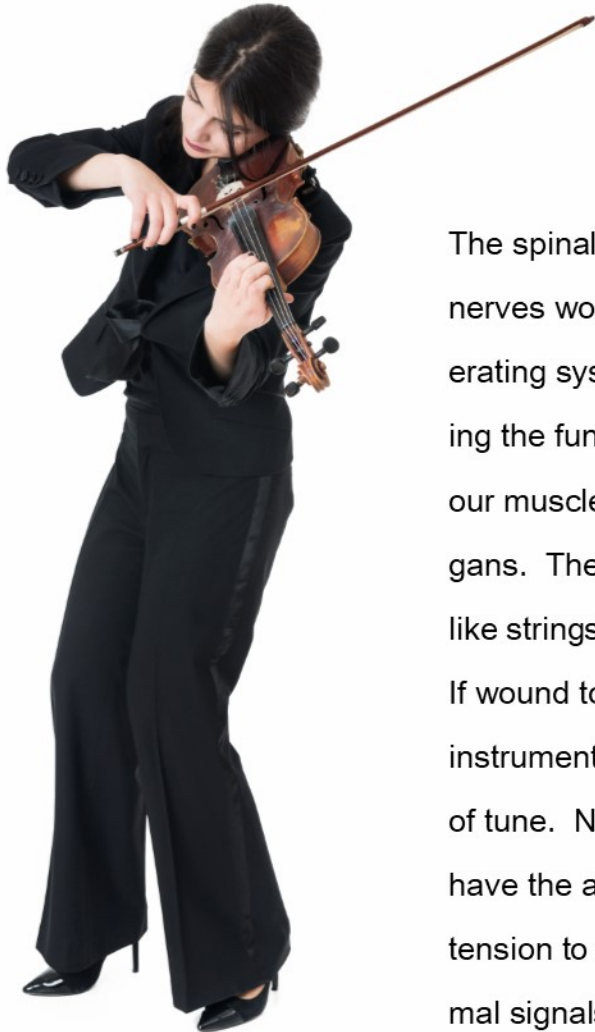
Forward Head Posture

Forward Head Syndrome is the most common and dangerous postural problem. The weight of the head is 12 to 14 pounds. For every one inch the head moves forward it creates an additional 15 to 30 pounds of tension on the muscles, bones, and spinal cord.

Posture affects and moderates every physical and mental function of the body.



When we alter the shape of the spine we will not only increase the wear and tear on the joints and muscles but alter the tension on the spinal cord, brain and nerves.



The spinal cord and nerves work as an operating system directing the functions of all our muscles and organs. The nerves are like strings on a violin. If wound too tightly the instrument will be out of tune. Nerves must have the appropriate tension to conduct optimal signals from the brain to the body.

Cumulative Stress Affects Your Posture

The cumulative stresses that affect our posture and our function add up over time.

There may have been a trauma that weakened a muscular or bony area, making us compensate for the injury. We may have had a challenging position we had to work in over time. Finally, we may have had a poor diet that didn't support the nutritional needs of our body.

The accommodations for these common issues make additional compensation necessary in your body, and soon we have to fix an ever-increasing problem. Have you ever noticed that when you can't walk well on one foot the other foot, knee, or hip can become sore because it is being used in ways that it wasn't designed to? That is compensation.

These subtle changes add up over time and make our bodies move less and less properly, or simply, with poorer posture. Drugs and other solutions are often aimed at eliminating the symptoms only. The problem remains until the core causes are addressed.

Healthy Spine

It is important that we maintain the appropriate shape of the spine both for the health of the bones and for the proper functioning of the spinal cord and nerves contained within.

Normal neutral posture has been defined from the front as head level, shoulders level, hips level.



The spinal column is supposed to have an S-shaped curve when looking at it from the side. This allows for even distribution of weight and creates a “shock absorber” so the body can absorb the stress that is put on it from activities like walking, running, and jumping.

A straight line drawn down the side of the body would pass through the ear, the upper back, the hip, the knee, and just in



Measuring and Planning for Success

We use cutting edge, non-invasive systems to give us a clear and accurate assessment of your structure and how it is functioning. A computer analysis utilizing digital imagery is performed. This provides an accurate assessment and feedback of your posture with no x-rays needed. With the use of additional cutting-edge assessments your doctor will be able to see how you are bearing weight on each foot as well as how the structure of the foot is influencing your gait and posture. Mobility and muscular activity testing will provide your doctor insight as to the condition of the muscles and the stress that they are under, which helps to guide your care.



The Downward Spiral

Posture problems are caused by stress. Stress in all its forms (physical, chemical, mental, emotional) effects the function of the nervous system. Cumulative stress at the level the body was not designed to handle will start a downward spiral. Any internal imbalance (posture, organs, etc.) will create feedback into the nervous system, putting the body into a fight-or-flight pattern. This physiological pattern creates shallow breathing, improper digestion, muscle tension, and anxiousness. This cascade also creates a worsening of the posture, more tension on the spinal cord and nerves. This creates further decline in the body's ability to handle stress and function properly.



This process will feed on itself progressively because the body will re-establish itself at a lower level of function and reduce awareness so the body loses some of its ability to correct itself.

Taking Your Back to the Future

How can we go back through all of the effects of stress that have accumulated in the body and create a healthier, younger spine and nervous system for the future?

Much like confronting a basement that hasn't been cleaned in years, this healing involves dealing with each of the layers that have piled up in your body and requires some time to effect a lasting change.

This is compounded when you see that this process is primarily unconscious to us. Why are we unable to think about changing our posture and then simply stand or sit the way that we know is best? This is because 95% of

our body processes are occurring on an unconscious level. Just as someone with high blood pressure or high cholesterol needs to do something to help these functions perform as they are designed, posture can be improved if it is given the appropriate support to do so. Once



Response-Able (The Ability to Respond)

When the nervous and muscular system is re-educated to better self-reflect (see what is really going on) and self-correct (use the new information to adjust the structure), the body becomes more Response-Able.

Fortunately, specific adjustments with well-timed exercises will re-educate the neuromuscular system so that the body can better heal itself. Light adjustments cue the brain to be more aware of tension patterns. A low-force adjustment, just like a whisper, often captures our attention better and helps the nervous system discover and transform these patterns.

Assisting the body in this way helps to correct the body's structure, behavior and perception necessary for restoring a healthy pattern, producing an upward spiral.





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Educational Tools

FAQ Series

*Helping you to Navigate
the Road to your Optimal Health*

