

POOR POSTURE CAN CAUSE OR COMPOUND:

- Headaches and migraines
- Digestion problems
- Arthritis
- Respiratory issues
- Poor circulation



BENEFITS OF GOOD POSTURE:

- Lower risk of back and neck pain
- Better balance and coordination
- Higher energy levels
- Reduced stress and anxiety
- Optimism and positivity



To find a chiropractor near you and to learn more about how chiropractic care can help you achieve and maintain good posture visit thejoint.com/posture

PERFECT YOUR POSTURE

THE JOINT
chiropractic



A Healthy Spine Is Critical To Maintaining Good Posture

While back problems are what most people associate with poor posture, those issues are just the tip of the iceberg.

Perhaps you have one shoulder higher than the other or a tilted pelvis – over time, these imbalances can have a serious impact on the body's central nervous system.

That's where chiropractic comes in. Chiropractors can help improve posture by adjusting the spine, strengthening the supporting muscles and soft tissue in the neck and upper back, and educating people on ways to maintain proper posture.



The information, including but not limited to, text, graphics, images and other material contained on this page are for informational purposes only. The purpose of this post is to promote broad consumer understanding and knowledge of various health topics, including but not limited to the benefits of chiropractic care, exercise and posture. It is not intended to provide or be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your chiropractor, physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this page.



18% of the workforce telecommutes on a full-time basis

HELPFUL HINT Leave your workspace once an hour (at a minimum) to avoid potential back & neck issues.



1 in 10

people have taken on a DIY project during the pandemic

HELPFUL HINT When using a ladder, keep your body centered, with three points of contact.



Forward head posture can result in increased pressure on the neck by

60 lbs

HELPFUL HINT Don't forget to stretch. Stretching can help loosen tight muscles and increase mobility.