



The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

Dr. Wallace Jans

MAY IS POSTURE MONTH

How is your posture? What is it like when you sit, stand or sleep? Do you know the difference between good and bad posture? Can posture be changed?

Posture can be defined as how you balance your body. It is the relationship between your head, torso and limbs, whether you are sitting, standing, laying or moving. Rather than thinking of posture as good or bad, think of it as weak or strong. If you can sit, stand or walk without falling over, you are balanced and you have posture. However if maintaining that posture requires a lot of energy, you have weak posture. Posture that puts the least amount of stress on the body is a strong posture. People with weak posture develop more health problems and age more rapidly than those with strong posture. Weak sitting posture is associated with increased back pain, neck pain, headaches, digestive problems and cardiovascular conditions. Weak standing/walking posture results in foot, knee, hip and back problems as well as increased falls and accidents.

Look around and you will notice how people with weak posture look older than those with strong posture. That's because people with weak posture are less efficient at balancing their bodies. There is continually more stress on their bodies and over time the constant stress required to balance takes its toll. Abnormal patterns of movement develop, muscle imbalances and weakness occur, joints wear prematurely and nerve function is altered. This is not good!

Strong posture, on the other hand, reduces stresses on the body and helps prevent physical declines that are often associated with age. The stronger a person's posture, the less physical stress they have and the better their overall health will be! It pays to develop strong posture.

Just like any aspect of good health, developing strong posture requires a conscious effort. Certainly, it's easier to create strong posture habits when we are young, but even if you have had weak posture for years you can still improve. Regardless of your age there are some simple exercises that can strengthen your posture. Changing the way we do repetitive activities, like using our phones and computers, can help tremendously. It is necessary to be posture conscious when walking, sitting, or laying down. (Perhaps it's time to get rid of the old worn old easy chair.) Chiropractic adjustments help to restore normal spinal motion and balance. Custom foot orthotics are beneficial for many people.

Today is a good day to evaluate your posture. Is it weak or strong? Let us help you! Call 403-529-9069 today for a **FREE** consultation.

IMPROVE your posture to IMPROVE your health



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