

Poor posture should be corrected as early as possible

Question: What causes poor posture?

Answer: Poor posture is usually the result of a combination of factors. Birth defects affecting the spine such as non-fusion of spinal segments or scoliosis (lateral bending of the spine), are the most serious and difficult to totally correct. Chiropractic treatment has been documented to minimize scoliotic development, keeping mobility in fixated joints. Some of the more obvious causes of poor posture include: visual problems, emotional problems, excessive weight, foot problems or improper shoes, weak muscles or muscle imbalances, improper nutrition, poor sleep support (mattress), injuries to muscles ligaments, tendons, or bones, negative mental and/or physical attitudes, and occupational stress. Poor postural behaviors at an early age will worsen if not corrected. As the body grows it will grow around the asymmetries in the posture and increase the abhorrent structural alignment leading to functional distress.

Poor posture contributes to shallow breathing, a cramped chest cavity, faulty digestion, poor elimination, and poor circulation. Joints and boney surfaces are over taxed by the unequal weight bearing placed on them with poor posture. This often results in accelerated degeneration of the spine, other joints and discs.

Chiropractors are trained specialists in analyzing the spine and posture. The correction of poor posture reaps many benefits. Besides improving your general health it improves your appearance, co-ordination, and strength. Other benefits include increased stamina; better fitting clothes, more confidence, more

agility, reduction of the possibility of injury, and aids in physical and mental development.

Quote of the week: *“Fall down seven, get up eight.”* – Japanese saying