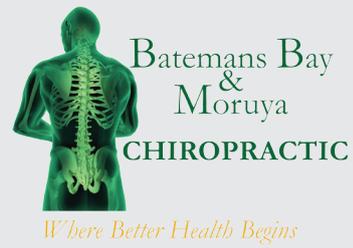


POSTURE



POSTURE

The importance of good posture cannot be stressed enough in modern times. It extends far beyond our outward appearance and aesthetics. Your posture is an indication of muscle balance and spinal alignment. Chiropractors around the world are seeing a sharp rise in health problems arising from poor posture. Especially in children with the rise in computer games and electronic device use.

Chiropractors often see cases where postural problems initiate a chain of events that can result in unnecessary pain and stiffness, stress on other parts of the body and time off work. The issue is becoming more relevant as we tend to spend more time at work. However, bad posture can also be problematic at home after hours, affecting parents and children.

Achieving good posture is more complicated than simply 'putting your shoulders back'. For example, did you know that most people's postural problems can originate from several postural problem areas in the body such as forward head, rounded shoulders and pelvic tilt.

A Chiropractor can help and will begin by conducting a thorough assessment of the patient's posture.

This can include:

- Detailed postural observation;
- Full spine assessment;
- Posture Pro Computer Analysis;
- Muscle length and muscle control testing;
- Evaluation of functional tasks.

Your Chiropractor can provide professional assistance in achieving and maintaining good posture with

- A personalised stretching and exercise program that is tailored specifically to you, bracing and/or taping techniques;
- Core-stability exercises;
- Ergonomic advice for your work and home environments;
- Chiropractors will also use hands on techniques to help correct the underlying causes of poor posture.

Benefits of Chiropractic Care

An assessment of your posture can screen for structural problems and muscle imbalances but more importantly it improves your body awareness which is important for injury prevention. Being aware of good posture is the first step to breaking poor postural habits and reducing stress and strain on your body.

Our team of Chiropractors is specially trained to evaluate your posture. Chiropractic treatment program including postural advice, manual treatment and rehabilitation exercises help to re-establish a flexible, strong and pain-free posture. You can take control of your long-term structural health. By putting this knowledge into practice you can prevent the anatomical changes that can develop if poor posture is left uncorrected.



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