

Posture Pointers



Posture
is the 3rd most
common reason
for doctor visits



The weight
of the average
human head



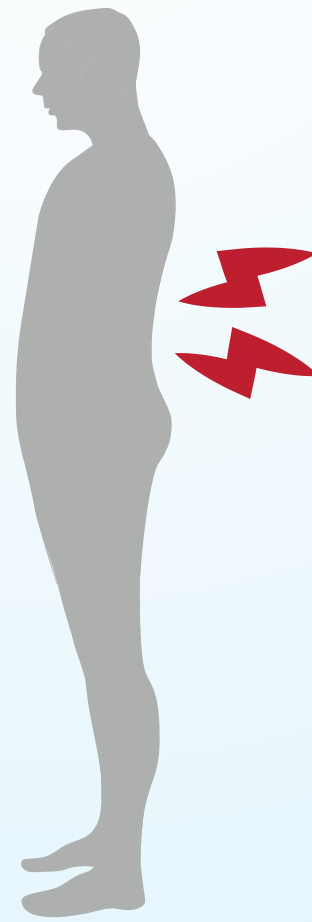
The force
on the neck
when the head is
tilted forward 45°!



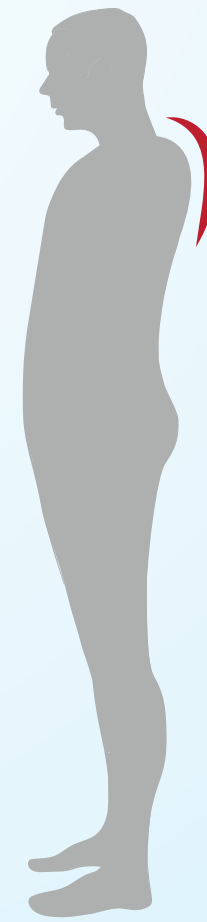
Average time
each day spent
hunched over a
phone or device

Signs of possible bad posture

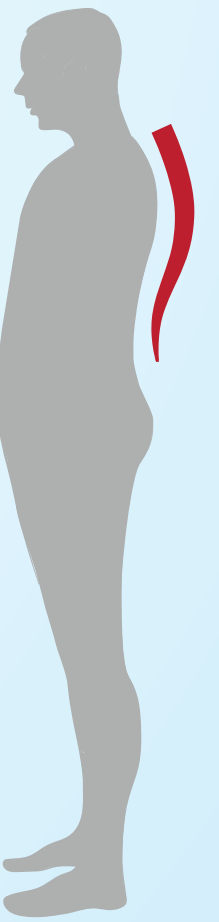
Back pain



Rounded shoulders



Rounded upper back



Strong posture helps you look your best and move pain free. Custom orthotics help support proper posture by **holding Chiropractic adjustments longer.**

Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head