

# Posture

## YOUR GUIDE TO SELF ASSESSMENT

...and how to correct  
it



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## ABOUT HAPPY CHIRO

Happy Chiropractic is a Modern Chiropractic Centre where we seek to find out your **primary problem** which usually leads to **secondary** or **collateral** problems. We use modern technology to accurately measure health levels and constantly monitor progress ensuring that people achieve an outstanding result.

## **IS YOUR POSTURE DAMAGING YOUR HEALTH?**

Believe it or not posture is not only important for aesthetics and how we look to others, it is vital to the function and maintenance of every body part of your body, from your muscles and your joints all the way to organ health and longevity!

Identifying a postural distortion (and having a plan to correct it) as soon as possible is one of the fastest ways to avoid long-term damage, quickly boost energy, and safeguard your health over your lifetime.

Take a look around. You won't need to look far to see people of all ages and even fitness levels with deteriorating posture.

With more videos games, smart devices and increased time sitting in desks, driving in cars and being generally inactive...we're not helping ourselves to solve these issues.

Experts are beginning to consider postural deviations and the health problems associated with them epidemic.

DID YOU KNOW POOR POSTURE CAN...

**Accelerate depression, stress and consume energy.** In a study with university students, walking in a slouched position decreased energy levels and increased feelings of depression.

A structural distortion puts your body in a state of increased energy consumption...in fact Roger Sperry PhD.

won the Nobel Prize or stating "**the more mechanically distorted a person is, the less energy is available for thinking, metabolism and healing.**"

**Add a few kilograms and contribute to digestive disorders.** Chronic slouching positions can constrict

your intestines making digestion difficult. This also causes increased pressure on the abdominal wall, protrudes the belly and can make one look heavier than they actually are.

**Increase musculoskeletal pain.** It only makes sense that the harder your muscles must to work to support your distorted body, the more fatigued, inflamed and uncomfortable they will become. How many people with headaches, back pain, shoulder pain or other related conditions are simply experiencing the secondary effects of poor posture?

**Restrict breathing.** More than one study has demonstrated that moving the head into a forward direction can reduce lung function. Constricting the lungs expansion and contraction also diminishes the amount of oxygen getting to the rest of body.

**Contribute to a shortened lifespan.** It's hard to say whether this is a "chicken or egg" situation but multiple studies show that (at least in the ageing population that was studied) an anterior head position (hyper-kyphosis) relates to increased mortality (chance of dying).

Either way...it's just another confirmation for the value of identifying postural distortions and correcting them to improve your health today and in the future.

## WHY IS POSTURE IMPORTANT?

The main reason poor posture is detrimental to the function of the human body is because it can be a sign of a CORE PROBLEM.

A CORE PROBLEM is a problem with one of the body's central requirements for health.

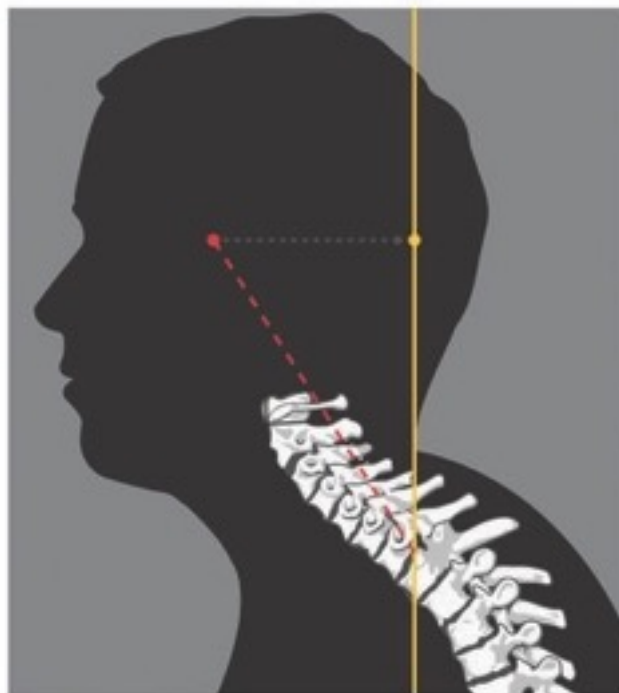
Poor nutrition, a sleep deficiency, overwhelming stress or lacklustre exercise habits would all be classified as CORE PROBLEMS. In each situation, leaving this problem unaddressed could lead to COLLATERAL DAMAGE.

To give a non-health related example...

If the foundation of your home had a shift that was left unaddressed, over time it could develop into a host of other secondary conditions like damaged plaster, tilted door frames and with enough time that CORE PROBLEM could begin to cause more serious issues like electrical or plumbing damage.

Postural problems are CORE PROBLEMS and identifying them early has tremendous value for your health.

# ANTERIOR SPINAL DISTORTION



## **YOUR 3 STEP GUIDE TO IDENTIFYING POSTURAL PROBLEMS**

**While a comprehensive Neuro-Structural Examination is the most accurate way to identify and confirm structural distortion and quantify it's impact on health and performance outcomes, these three quick tests will give you a basic idea if further examination is warranted.**

### **1. THE MIRROR TEST**

Stand facing a full-length mirror and look to determine if:

- Shoulders are level
- Head is straight
- Spaces between your arms and sides are equal
- Your hips are level and your kneecaps face straight ahead
- Ankles are straight.

Stand parallel to the mirror and take a photo or have someone else look to determine if:

- Head is erect and not shifted forward or backwards
- Chin is parallel to the floor and not tilting up or down
- Shoulders are in line with your ears and not drooping forward or pulled back
- Stomach is flat
- Knees are straight
- Lower back has a slight forward curve

### **2. THE WALL TEST**

Stand with the back of your head, shoulders and buttocks touching the wall and your heels 5cm from the skirting board.

- Check the distance with your hand between your neck and the wall
- If your head, shoulders or buttocks cannot touch the wall or if you can slide more than three fingers behind your neck, you may have a postural distortion and there's a likelihood it is affecting your health in some capacity

### **3. THE FLOOR ANGEL**

Lie on the floor with knees pulled up, feet on the ground, lower rib cage and lower back in contact with the floor. Shoulders at 90 degrees and arms at 90 degrees at the elbow with back of the wrist rested on the floor.

The back of your head should maintain contact with the floor and the chin should stay tucked.

A positive test is signified by an inability to maintain any of these normal positions:

- Hips come off the floor
- Rib cage comes off the floor
- Head cannot maintain contact with the floor
- Wrists and arms cannot maintain contact with the floor

Poor posture is a far-reaching condition within the human frame. It affects our health in ways we can see and feel but more importantly, it affects us in ways we could have no idea about.

**If any of the above self tests were positive a comprehensive Neuro-Structural Examination is warranted. Be sure to contact Happy Chiropractic for immediate assessment.**

# Thank you!

We appreciate you taking the time to learn more about...

## **POSTURE SELF ASSESSMENT**

If there is any way we can help, please do not hesitate to contact us at Happy Chiropractic.

Give us a call at 9509 9796 or email us at [info@happychiro.com.au](mailto:info@happychiro.com.au) anytime.

Yours in Health

Dr Michael Bloom

Happy Chiropractic

