

Proper Posture:
Fending off gravity for better health.



The human form is a carefully constructed, finely balanced assembly of bone and tissue. It's also delicate, and prone to improper alignment such as abnormal bends, incorrect twists, and faulty shifts. It shows up as poor posture.

But it doesn't stop there. Poor posture can result in poor health. It can cause pain. And it can affect the function of your entire body.

The reasons behind poor posture are many. Some are simply bad habits—the way we stand, sit, move, and lie down. Others are external—poorly designed furniture, ill-fitting footwear, and inadequate workplace ergonomics. But most of all, it is simply due to gravity.

From before we're born, gravity goes to work on our bodies. It attempts to pull us out of proper alignment, to force us into unnatural shapes. In short, gravity encourages poor posture.

But we can fend off gravity and maintain proper posture and better health. Chiropractic BioPhysics® has studied, researched, developed, and tested unique ways of analyzing your posture and assessing deviations from normal. Then we provide a course of adjustments, therapy, traction, and exercises scientifically designed to correct faults and improve posture.



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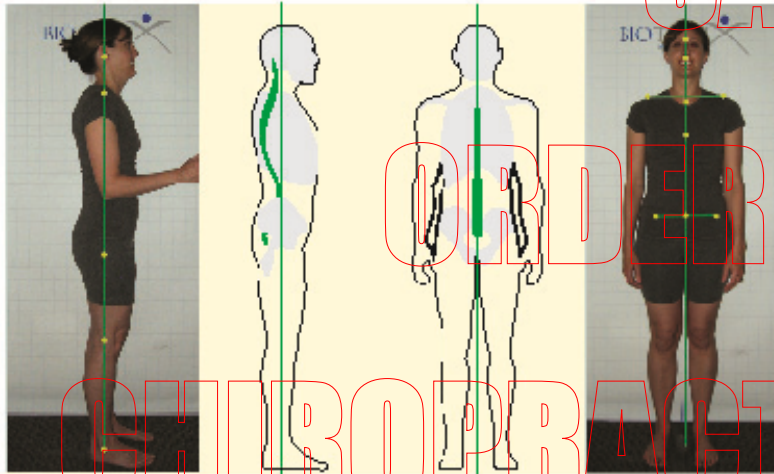
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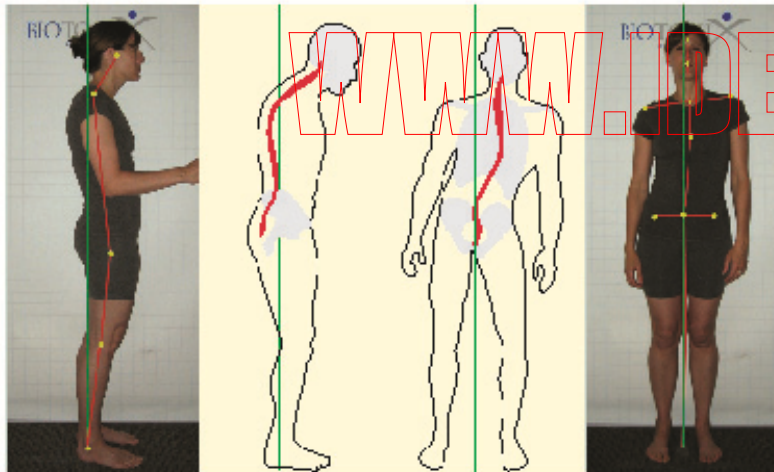
Chiropractic BioPhysics (CBP®) and Posture.

Proper, or normal, posture is a matter of simple engineering. The human body is designed with the head, rib cage, and pelvis perfectly centered and balanced on each other. From the front, the spine is perfectly aligned with gravity. But the spine, when viewed from the side, contains three curves to properly balance the weight of your body and allow free movement.

Optimal Body Posture: The green lines in both the front and side views represent gravity and proper posture. The green spine lines illustrate optimal alignment and curvature from the front as straight and from the side as three curves.

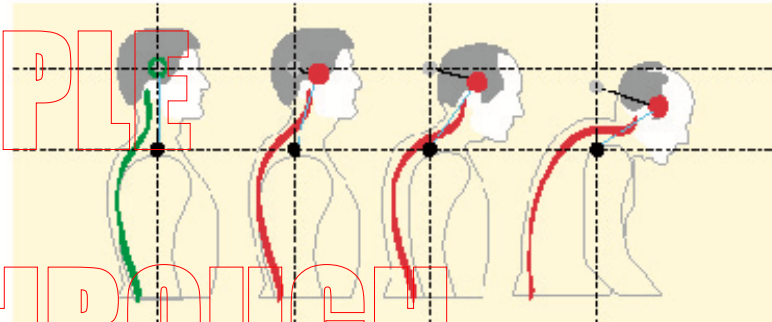


Abnormal Body Posture: Below the green gravity line in both the front and side views represents proper alignment. The red line represents the spine and the body's misalignment due to injury, wear, improper posture, or age.



What's Wrong With Abnormal Posture?

With abnormal posture, the balance is upset. Vertical alignment is off kilter, and the curvature of the spine departs from its proper angles. Abnormality generates amplified and detrimental forces on the postural muscles, spinal ligaments and discs, nerves, bones, and even the internal organs in the chest and abdominal cavities.



"Any deterioration of posture indicates that the individual is losing ground in his contest with the environmental force of gravity." -Martin Juergmann, MD, 1963.

Sometimes, improper posture is obvious. But even when clearly visible, the causes and effects of poor posture can be complex. In fact, mathematically, there are 387,000,000 combinations of rotations and translations in the head, rib cage, and pelvis that can create and contribute to poor posture.

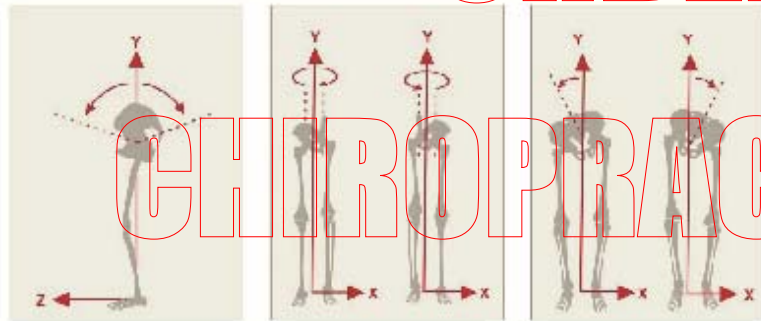
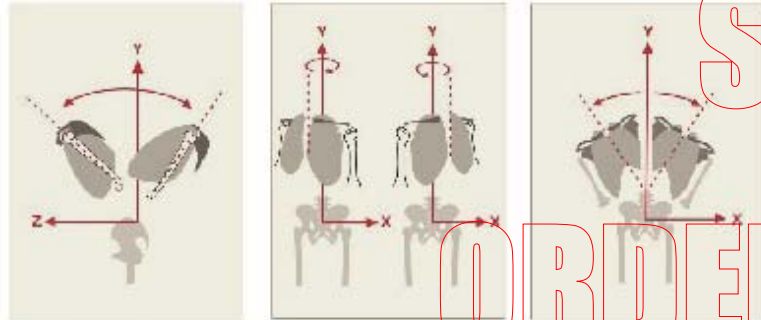
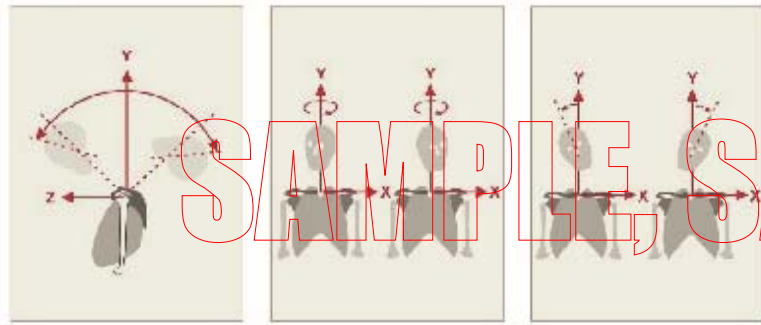
Not to worry.

Your chiropractor, trained in the techniques developed by Chiropractic BioPhysics, can scientifically assess your posture and provide graphic representations of what needs correction, demonstrate how much correction is required, and outline the course of treatment that will prove the best results.

Is Your Spine Helping Your Posture?

CBP has developed formulas and equations to measure improper alignment in the head, the rib cage, and the pelvis for rotations (a "turning displacement") and translations (a "shifting displacement") along familiar x, y, and z axes.

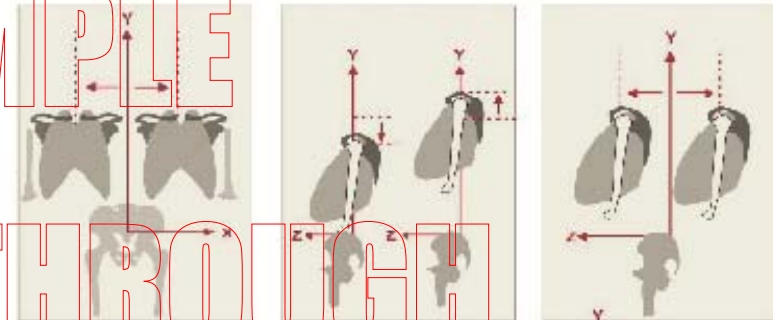
The next two pages show how these formulations are used by your CBF-trained doctor to categorize posture abnormality.



Rotational Components of Abnormal Body Postures

In each region (head, ribcage, and pelvis) 6 distinct rotational displacements are shown with "engineering" lines. Thus, 18 postural abnormalities as single postures are shown.

Which Abnormal Posture(s) do you have? Ask your chiropractor.



Translational Components of Abnormal Body Postures

In each region (head, ribcage, and pelvis) 6 distinct translation displacements are shown with "engineering" lines. Thus, 18 postural abnormalities as single postures are shown.

Which Abnormal Posture(s) do you have? Ask your chiropractor.

Proper Posture and Good health.

Why correct poor posture? It's simple: correcting poor posture can alleviate, relieve, or prevent a number of health disorders. Among them, sore and strained muscles, disc injury, scoliosis, lifting injuries, aches and pains from driving and sitting, sports injuries, back pain, neck pain, headaches, carpal tunnel syndrome, shoulder and ankle injuries, and more.

In short, proper posture means your body can work as designed. And when your body works better, you feel better: Better Posture + A Better Spine = Better Health.

Talk to your CBP-trained chiropractor about fending off gravity and maintaining proper posture.



Before and after documented results of CBP interventions for the neck.



CHIROPRACTIC BIOPHYSICS®

Proper Posture



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