

Abnormal Posture Shows That...

- Posture effects and correlates every physiological function from breathing to hormone production. *Amer. J. Pain Management. 1994. 4:36:9*
- In a survey of over 6,000 cases of chronic headache sufferers, it was found that complete or segmental loss of the normal lordotic curve of the cervical spine is the most consistent feature and very often is the only abnormally found. *Braaf MM. Trauma of the cervical spine as a cause of chronic headache. J Trauma 1975; 15: 441-446*
- Abnormal structure predisposes the human body systems to abnormal biomechanics, abnormal function and ultimately pathological disorders. *Lennon J. Postural and Respiratory Modulation of Autonomic Function, Pain and Health. Am J Pin Manage 1994; 4: 36-9*
- Altered alignment of the spinal column is known to cause bone, disc, ligament and myofascial degeneration. *Adams MA. Sustained Loading Concentrations in Lumbar Intervertebral Discs. Spine 1996; 44: 611-33*



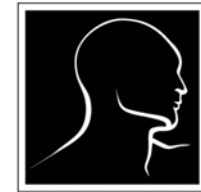
“Posture is the window to your health.”

1st Visit Only \$77

This includes consultation, examination, x-rays (if necessary), postural analysis and chiropractic adjustment.

SHEPPARD CHIROPRACTIC

Kroger Shopping Plaza
1238 Ohio Pike
Amelia, Ohio 45102
(513) 753-5437
Fax: (513) 753-7517

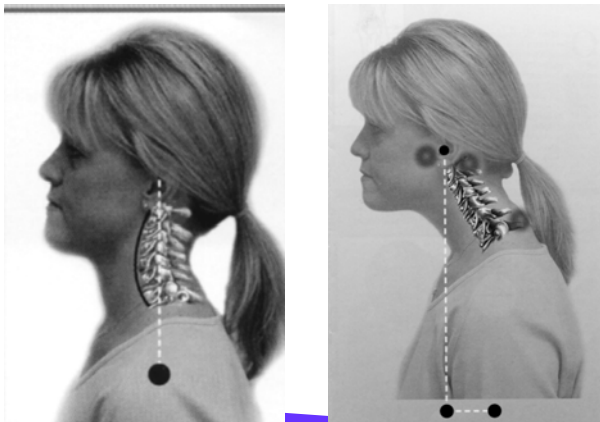


***Sheppard Chiropractic
Presents...***

The Damaging Effects of Forward Head Posture

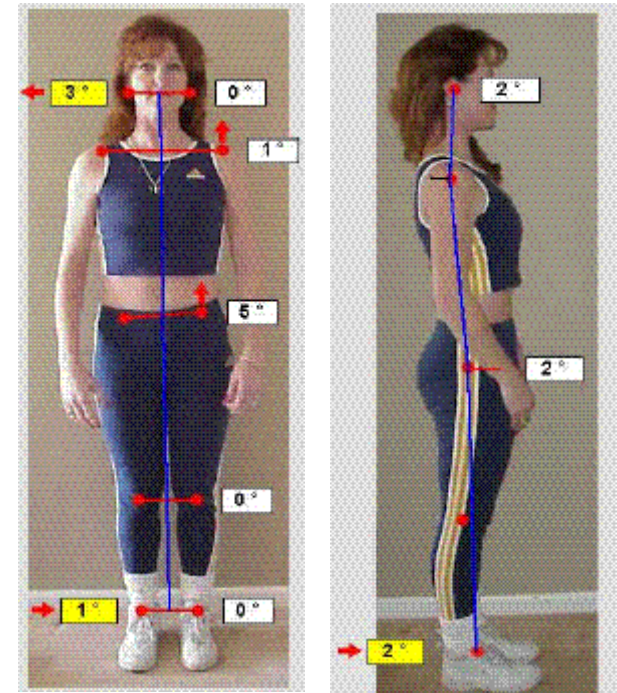
**Powerful Solutions
For Improved
Health**

The effects of posture on Health is becoming more prevalent. Spinal pain, headache, mood, blood pressure, pulse and lung capacity are among the functions most easily influenced by posture. In *Postural and Respiration Modulation of Autonomic Function, Pain & Health*, AJPM Vol. 4, 1994, it was determined that many of these symptoms may be moderated or eliminated through improved posture. One of the most common postural problems is forward head posture (FHP). Since we live in a forward facing world, the repetitive use of computers, T.V. video games,



trauma and even back packs have forced the body to adapt to a forward head posture.

Ideally the head should sit directly on the neck and shoulder, like a golf ball sits on a tee. The weight of the head is more like a bowling ball than golf ball, so holding it forward out of alignment puts a strain on the neck and upper back muscles. The result can often be muscle fatigue and all too often an aching neck or headache. According to Renee Calliet, MD, if the head weighs 10 lbs. and the center of the ear sits directly in the center of the shoulder, then the load is 10 lbs. However if the head is translated forward, its weight will increase 10 lbs. for every inch forward it is forward. In effect, if the center of the ear is 3 inches forward from the center of the shoulder, the weight of the head on the spine and its discs, joints and nerves is 30 lbs.



In *Spine* 1986, it is this abnormal position (FHP) has been shown to flatten the normal curve, resulting in disc compression, damage, headaches and even early arthritis.

The above picture is a computerized digital Posture Analysis. This technology quickly analyses the postural deviations and shows the abnormal pressure that is exerted on the spine.