

The Cost of Poor Posture

Remember how your mother constantly reminded you to sit up straight? It turns out she had the right idea. While she may have been more concerned about your appearance than anything else, the reality is, poor posture results in many hidden health costs.

Have you ever experienced any of the following symptoms?

- Neck pain
- Poor digestion
- Headaches
- Difficulty sleeping
- Jaw pain/popping
- Leg pain
- Upper back pain
- Sciatica
- Lower back pain
- Walking Difficulties
- Arm pain
- Low Energy
- Numbness/tingling
- Decreased lung capacity
- Difficulty breathing deeply

Sitting at a desk every day is hard on your body. Poor posture leads to muscle imbalances, joint dysfunction, nerve irritation, and suboptimal organ function. And if you're one of those who have mastered the slouch, you may find it uncomfortable even trying to sit up straight. You have become a creature of your habits.

By identifying poor posture zones in your musculoskeletal system, treatment can minimize chronic tension and nerve irritation, helping you feel better and function better.

Sit up straight. It's worth it.

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