

What's Posture got to do with it?

Bad posture puts strain on the joints and nerves of the spine, leading to interference in the nervous system and spinal pain receptors. Because these nerves control every function in the body, this can lead to pain, decreased range of motion, decreased muscle strength, headaches, breathing problems, balance disturbances, and overall a decreased quality of life.

Poor posture can be caused by joint degeneration, trauma, and balance issues.

Chiropractic has been shown to prevent joint degeneration, combat the effects of trauma, and improve balance. The components and receptors that are most important for maintaining posture are located in the spine and are controlled by the nervous system! **Gentle and specific chiropractic adjustments not only improve posture, but also mood, balance, and quality of life!**



**Posture
directly
relates to
your overall
health!**

Bredin M, Putt K. Improvements in mood, posture, and balance in an older patient receiving chiropractic care: a case study. A. Vertebral Subluxation Res. 2015 (may 21st)



(970) 624-0424
info@elevatetolife.com



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