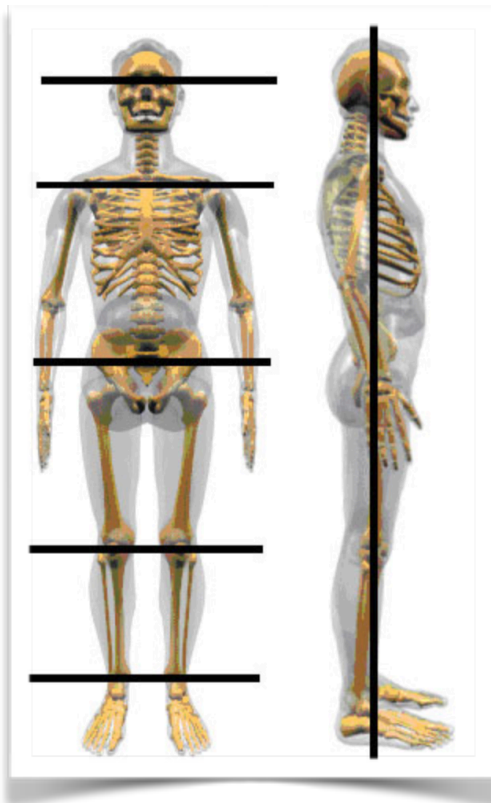


# “5 Ways Bad Posture Can Affect Your Life: The Simple Fixes You Can Do to Solve it.”

## What is proper posture?

Posture is such a soft word compared to the horrifying damages it causes. Today we are faced with a “new normal” which is really an uncomfortable, adjustable, compromising temporary situation out of the usual and customary format we are accustomed to!

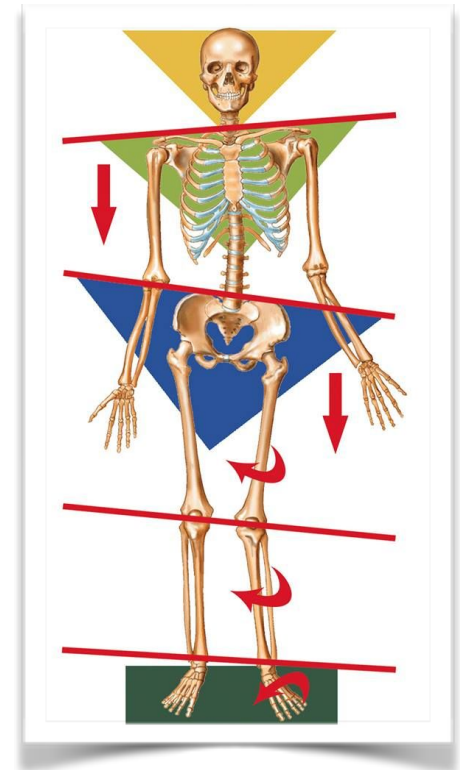
I’m sharing with you what I see in the clinic, so before you become a patient in the waiting room let me help shed some light for you. Right now the “new normal” for working from home is changing your ergonomically set up work station to a work station menu ranging from, the bed, the couch, dining room table, kitchen counter, or even the floor. If you rotated from these positions to a final work setup in your home, you have already caused compromising damages to your body.



Do you work out? Even worse! Your good healthy actions are over loading the joints and muscles to a compromised body. (see Fig 1.0: Compensatory Kinematic Adaptation). Your body is a kinematic chain of soft and hard tissues working together to fight against gravity in order for fluid motion and movement to take place.

What is the importance of fluid motion? Motion is energy, and your motion adds energy to your body which allows improved function of every cell, tissue, organ and or system your body. Let me give you an example: your circulatory system. The blood circulates due to the contraction of muscles in the lining of your arteries and veins. So, if you get headaches? Stay active and keep reading.

Normal posture is the perfect balance against gravity with minimal loading to supporting kinematic structures. Kinematic structures are the neuromuscular skeletal systems of the body. Proper posture is a visual presentation of an alignment between pressure and load in planes of movement. (Fig 2.0: Normal posture )



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Frontal Image: (Coronal Plane): Eyes, shoulder, pelvis, knees and ankles are aligned.

Lateral / Side Image: (Sagittal Plane): Ear lobe, middle of shoulder, hip, knees and outer ankles.

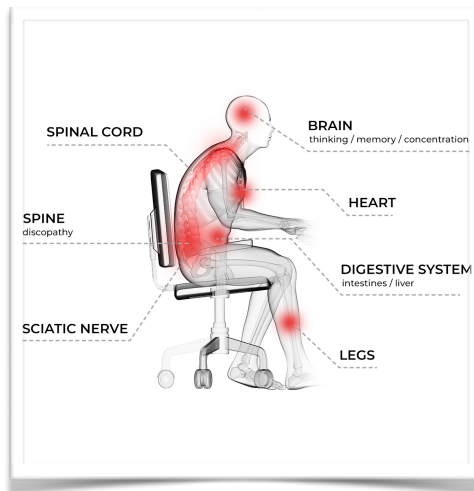
### Effects of poor posture:

This is a serious problem since abnormal loading will cause the joints to not function fluidly and correctly, leading to early wear and tear in the joints and causing an imbalance in muscle contractions (Fig 2.0). The kinematic chain is similar to a jigsaw puzzle, each independent part works and adds function to the whole. Any changes to any joint position will affect the segments above and below. This is too often seen with people with rounded shoulders, slouched spine, and forward head position. The reason for its frequent presentation in all ages and socio-economical groups is the effect of repetitive use of technology in our lives.

### I- SOLUTIONS & OPTIONS:

- Take the posture risk score and know your risk damages: Mild? Moderate? Or high risk of degeneration? <https://bax-u.com/pages/survey>
- Purchase a posture support to help reduce aggravation of damages. We recommend [BAX-U.com](https://bax-u.com), all products are tested by university studies and are made in Los Angeles, CA.
- Get checked by a professional in posture correction: Chiropractor, Physical Therapist or Athletic Trainer.

### Your posture can cause your internal organs to Mal-Function:(Fig 3.0 Viceroy-Somatic Posture ).

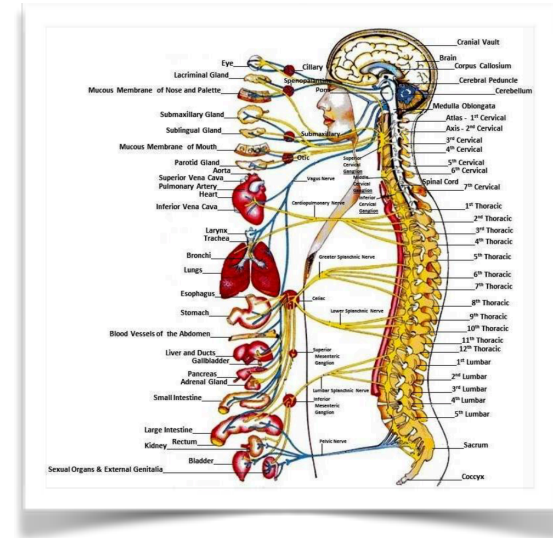


Your brain communicates with every cell, tissue and system of your body thru nerve pathways known as Spinal Column. The nervous system gather's information from all your body parts to the brain via the spinal cord inside the Spinal Column. The cord is encapsulated and protected by your spinal (aka vertebral column). It is valuable to say any changes to your spine (such as Poor Posture, Scoliosis, Kyphosis, Lordosis, Degenerative Joint Disease, Disc Injuries, etc) will affect the normal communication flow of your nervous system and its abilities. Neglecting your posture and spinal health, alignment and integrity will lead to a verity of symptoms that have devastating effects of your health and wellness. (Fig 4.0 Nervous System)

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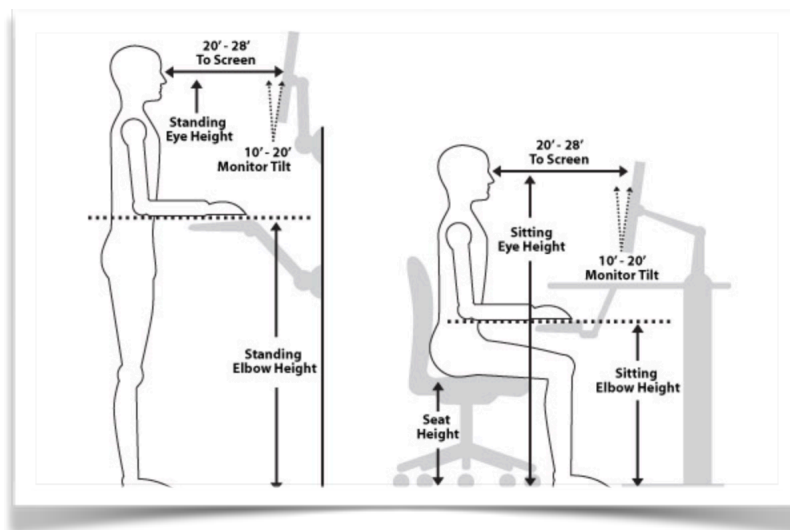
## 2- SOLUTIONS & OPTIONS

- Take 5-10 deep belly breaths.
- Eat a light breakfast 30-60 minutes after you wake up
- Light lunch with good carbs
- Dinner 3-4 hours prior to sleep
- Take a 10 min walk after lunch and dinner.
- When you feel foggy or tired take 10 deep breaths
- Move every 40 min stand/ stretch



## 3- Work Smarter Not Harder:

Your average day is spent 8 hours a day working, 7 hours sleeping, 7 hours of personal time, and 2 hours driving. This is an overall average, cases may vary. 8 hours of desk work and 4 hours on a smartphone contribute to text neck. If you truly want to work smarter, you need to take a good hard look at your daily tasks and learn to adjust for optimal positions. Here are some basic ergonomics recommended for your wellness for more effective workflow.



## 3- SOLUTIONS & OPTIONS:

- Top of Monitor at 15' degrees above eye level
- Maintain 90' angle between torso, thigh, and legs
- Always use elbow rest to avoid shoulder shrugging
- When standing shift your weight
- Take 5-10 min every 60min of work, sitting or standing
- Stand in the morning shift and sit during the afternoon shift
- How to sit on any chair [watch video].

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## 4- SMART DEVICE TEXT NECK-ERS?

An average adult spends 7 hours a day on some sort of smart device. Text neck is the pain and injury experienced from looking down to use a smartphone or other device too much. Did you know, tilting the head forward to 15 degrees places about 27 pounds of force on the neck. This increases to 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees. Damage caused by untreated text neck can be similar to occupational overuse syndrome or repetitive stress/strain injury. Sore muscles and strained joints can cause injuries. These injuries, when not properly treated, can graduate to becoming chronic pain. Injuries are often caused by accidents and other times they can be caused by poor habits. To avoid this, here are some solutions and link to a video tip.

## 4- SOLUTIONS & OPTIONS:

- Walk with your chin parallel to the ground or
- Look up at 15' higher than your forward gaze.
- Avoid neck pain/ headaches by placing screen at eye level.
- Perform Home Neck Extension exercises.
- Use “speak” options for long emails / texts or documents.

Text neck will cause Degenerative Disc Disease, Straight or Reversed Cervical curve and early Osteoarthritis. It all begins with visual combinations of Forwards head Syndrome, Slouching posture and or “hump” in back of the neck more common in women than men.

**BAX-U Posture Support**  
**Get yours TODAY**

Phase	Visuals	Associated Symptoms
normal	Normal X-ray and diagram showing a healthy cervical curve.	Healthy Pain Free Physically Fit Stress Free
phase I	X-ray and diagram showing a slight forward head posture.	Headaches Neck Pain Strained Muscles Shoulder Tension
phase II	X-ray and diagram showing a more pronounced forward head posture.	Arthritis Disc Disease Degenerated Joints Fatigue Joint Pain
phase III	X-ray and diagram showing a severe forward head posture with a hump in the back of the neck.	Chronic Pain Irreversible Damage Spine Disease

**TOMORROW MAYBE TOO LATE!**

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### 5- YOUR SLEEP POSTURE KEEPS YOU AWAKE?

Do you wake up feeling more tired? Stiff? Or even in Pain? Adults suffer from lack of sleep which affects them dramatically in slowing down body metabolism, cognitive skills in computations tasks and even affects their concentration. Do you think it's your pillow? Mattress or just your inner body crying for help?

What you do during the day will affect your good night sleep. Repetitive injuries during the day, can affect your body's expression at night. Unfortunately, a lot of sleeping disorders including insomnia are affected by self care prior to reaching for medication. The secret is to get one that has the right height, shape, size, and material. Also, you have to put it in the right location otherwise it can cause muscle strain and stiff neck.

Back sleepers, low pillow height is recommended. You will feel more relaxed if you add two or more pillows under your knees to decrease back pressure.

Side sleepers, medium pillow height is ideal. A helpful trick is to choose a pillow made out of a firm material such as latex. This is to alleviate pressure from your neck and provide your head with more support.

Stomach sleeper, consider not using a pillow for your head at all as this causes your neck to be tense. What you can do is place a thin pillow under your pelvis to keep your back aligned.



Apply these useful information and posture hacks to your daily life to get better quality sleep. Life is hard enough, people shouldn't have to suffer needlessly from lack of rest. Now that you know these helpful tips, share them with your family and friends so they too can learn the powerful benefits of maintaining proper posture for a good quality sleep.

Here are some helpful tips:

# “5 Ways Bad Posture Can Affect Your Life: The Simple Fixes You Can Do to Solve it.”

## 5- SOLUTIONS & OPTIONS

- Practice proper ergonomics at home and work.
- Know your preferred sleeping position.
- Get a good quality mattress.
- Get a pillow that matches your body.

How to attain proper posture, etc.

Exercise with a friend, trainer or an App. Wear a reminder [Posture Support](#), BAX-U.com Posture Brace- its a [Chiropractic choice](#). Sleep on a mattress that feels comfortable and offers a good night rest. Chose a pillow with neck support. Use Ergonomically approved gadgets and rest your work or play station. And know that you have support from chiropractors, search engine and our team.

### Benefits of proper posture

Benefits of having good proper posture is reflected by the level of daily energy and ease, agility and comfort in motion. Just like a car that drives you from point A - point B. An aligned body affects the healthy function every system, organ, tissue and cell in your body for optimal performance. Our bodies are sophisticated machines that need to be protected. If you take care of your physical alignment, eat fortified nutrient your mental state will rise with no effort. If you want to enjoy your life and live vivaciously, take care of your posture and nervous system.

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