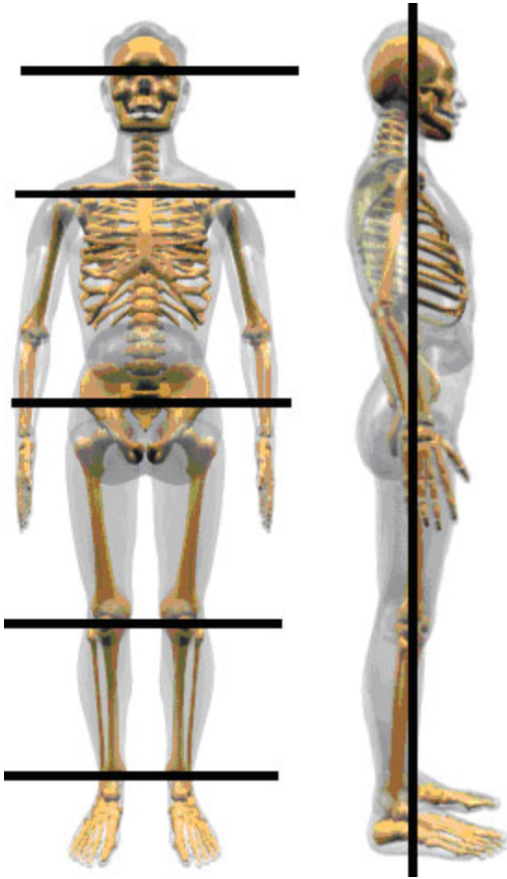


What is proper posture?

Normal posture is the perfect balance against gravity with minimal loading to support Kinematic structures. Kinematic structures are the NeuroMuscularSkeletal systems of the body. Proper posture is a visual presentation of an alignment between pressure and load in space.

Front Image: (Coronal Plane): Eyes, Shoulder, Pelvis, Knees and Ankles are aligned.

Side Image: (Sagittal Plane): Ear Lobe, middle of shoulder, Hip, Knee & Outer Ankles.



Effects of poor posture

This is a serious problem as the abnormal loading will cause the joints to not function correctly with ease, leading to early wear and tear in the joints and causing an imbalance in muscle contractions (Image 2). The kinematic chain is similar to a jigsaw puzzle. Each part has an independent function, but works as a whole.

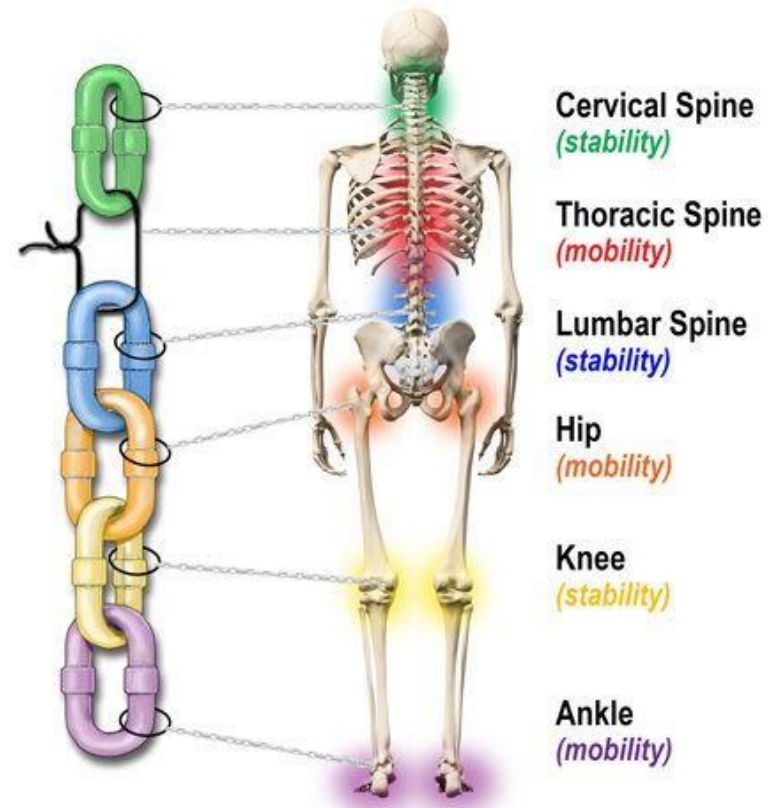
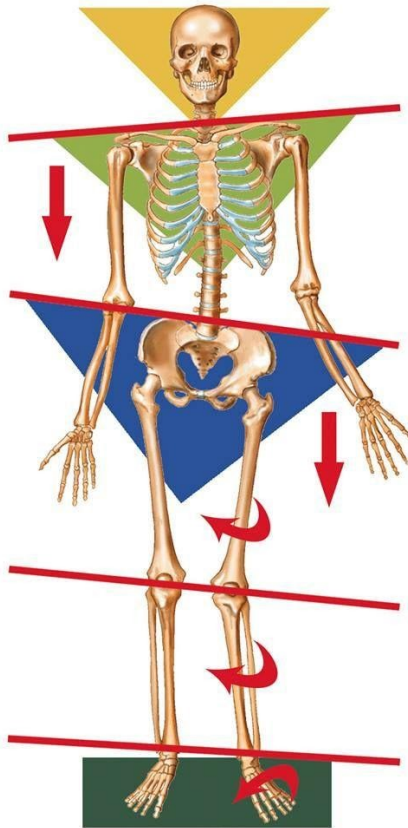


Image 1. Immobile t-spine = Weak Link ©erikdalton.com

Therefore any changes to any joint 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 economic groups is the effect of repetitive use of technology in our lives.

The brain communicates with each and every cell, tissue and system of your body through nerve pathways known as spinal column. The nervous system gathers information from 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) will affect the normal communication flow of your nervous system and its abilities. Neglecting your posture will lead to many health issues (See Image 3)

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. A healthy body can function every system, organ, tissue and cell in your body for optimal performance. Our body is a sophisticated machine that needs to be protected. If you take care of your physical alignment, eat fortified nutrients, your mental state will rise with no effort. If you want to enjoy your life and live ferociously, take care of your posture and nervous system.

How to attain proper posture

1. Exercise with a friend, trainer or an app.
2. Wear a reminder [Posture Support](#), try a Posture Brace from BAX-U.com it's a [Chiropractic choice](#).
3. Sleep on a mattress that feels comfortable and offers a good night's rest.
4. Choose a pillow with neck support. Use Ergonomically approved gadgets and rest at your work or play station. Know that you have support from chiropractors, search engines and our team.



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