

# From the Chiropractors of Bonney Lake



## How To Avoid Pain Producing Posture, Abnormal Spinal Curves, and Possibly Prevent Becoming A Hunchback!

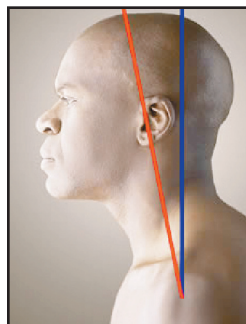
There's good reason why our parents and teachers nagged us to "stop slouching, stand up straight and pull your shoulders back!"

Good posture is an important component of good health...while poor posture can negatively influence many health functions and conditions such as headaches, moods, spinal fractures, blood pressure, pulse rate, and lung capacity.

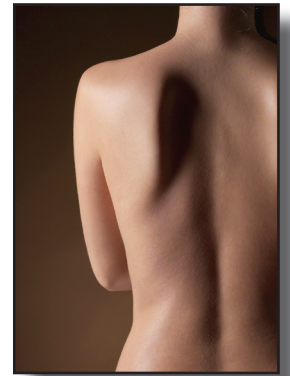
One of the most common forms of poor posture is Forward Head Posture (FHP). In today's world, the incidence of FHP is growing due to many people having bad posture when using computers, video games, backpacks, and even trauma from things like car accidents.

Of particular concern is an alarming trend I've seen developing in teenagers where they purposely slouch their posture to look relaxed and "cool". This is especially dangerous during the teenage years as the spine is still developing and more vulnerable to the effects of poor posture. Parents, if your kids are doing this, nag them even more...it's extremely serious!

If your head is not aligned directly on your neck, then your shoulders will be forced into a forward position, putting excess strain through the neck and upper back muscles. As your head posture moves forward, the muscles of your neck and upper back need to work harder to support the weight of your head.



Persistent FHP also puts compressive loads upon the vertebra of the upper spine. This is often associated with the development of an Upper Thoracic Hump, which, with age and decreasing bone density can evolve into Dowager Hump when the vertebra develop compression fractures.



A recent study also found this posture (known as a hyperkyphotic posture) was associated with a 1.44 greater rate of mortality in the older population.

### How to tell if you have Forward Head Posture

If you have good posture your ear, shoulder, hip, knee and ankle should sit in vertical alignment. In other words, if you drop a plumb line from your ear it should pass through all those points. If you have a lot of forward head posture then the imaginary plumb line will fall in front of these points. It's not uncommon to observe 30mm+ of anterior head placement in new patients. Would you be surprised that your neck and shoulders hurt if you had a 20 pound watermelon hanging around your neck? That's what FHP is doing to you! Left uncorrected, FHP will continue to decline.



Chiropractic can be very effective in helping to identify and correct the effects of this all too common condition. If you have concerns, or know of someone who may be experiencing this

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