

May is National Posture Month

Schedule your family to see us for a no charge posture check-up.



Poor posture can be a hidden thief to your good health. Poor posture habits can be slight and overlooked but can have long term negative effects on our health. Back pain, neck pain, digestive health and other ailments can all be affected by poor posture.

“Deviations in the body’s center of gravity caused poor posture, which resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and a shortened life span.”*

During May, you may schedule yourself, or any family member or friend for a no charge posture check with our doctors.

You will receive:

- A no charge visit with Dr. _____
- A chiropractic and orthopedic screening to determine your posture strengths and weaknesses
- How you are compensating for any poor posture habits
- Personal recommendations on how you can improve your posture, as needed.

Schedule an appointment for those you care about.

PHONE NUMBER

NAME OF CLINIC

*(Freeman JT., Posture in the Aging and Aged Body, JAMA 1957; 165(7),pp 843-846 JAMA)