

# Demo



# Demo

*Forward Head Posture and It's Damaging Effects on Your Spine*

# Dem

**Don't Ignore Th  
Important Warn  
Signs**

- ♦Headaches
- ♦Neck Stiffness or Pain
- ♦Low Back Pain, Ache or Stiffness
- ♦Pain or Numbness in Arm, Hands
- ♦Pain, Numbness in Legs, Feet
- ♦Painful or Stiff Wrists
- ♦Painful or Stiff Elbows or Other Joints

©2002 VenturaDesigns

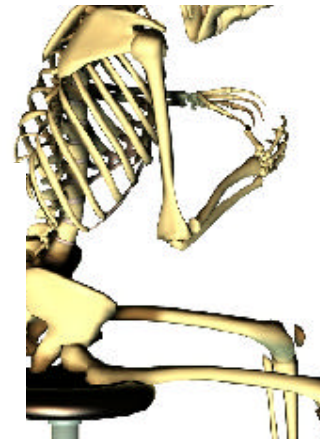
Ventura Chiropractic Clinic

*Serving the Greater Kansas City Area since 1978.*

16612 \\  
Olathe,  
(913) 8:  
info@pc

M-F 7:C

# Demo



# Demo

actually mold our spines into an abnormal posture position.

You see, there is a law in physiology, function, that states muscles that are in that position for prolonged periods of "weakness" and also become weak when in that position.

A child who sits cross-legged on the floor down while playing Nintendo for several hours a day, several days a week, can cause these physiological changes to occur in their neck and mid-back. A dentist who performs most of his work as pictured on the front cover is also prone to these changes.

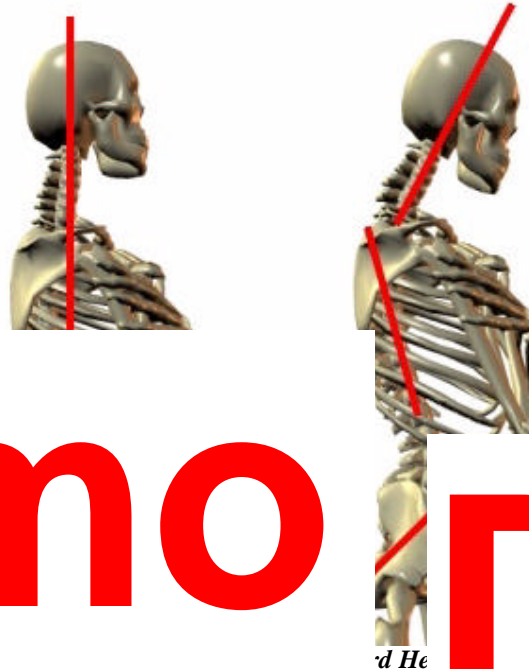
These types of activities, and many others, can lead to Forward Head Posture.

If a person maintains this posture for a long period, months or years, the following can occur.

- Head Moves Forward*
- Shoulders Become Rounded*
- Arms Rotate Inward*

## *Dangers of Forward Head Posture*

### *The Domino Effect*



**1. The head moves forward, shifting the body's Center of Gravity.**

**2. To compensate for the weight shift, the upper body drifts backward.**

**3. The pelvis eventually tilts**

# Demo

# Dem



# Demo

A health care practitioner trained in the use of new, high-tech posture analysis tools, can detect small posture deviations.

y means a greater

nd project a more  
re world!

