

Demo



Demo

**Don't Ignore Tl
Important Warl
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, I
(913) 8:
info@po

M-F 7:0

Demo

*Why Does
This Man
Have A
Bowling Ball
Head?*

Dem



Demo

ffect the following joints.



rests atop a movable support column, the Neck. In this normal position, no additional external forces are transmitted to the spine, muscles or li

But when the head moves forward, it shoulder, additional lever and compr transferred to the cervical spine and n

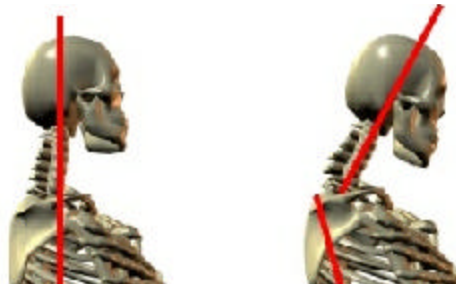
With the creation of this lever, gravity head down to the ground. The muscle head and neck resists this force of Na

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**
- Chest Cavity Compresses**
- A "Dowager's Hump can Develop**

It's estimated that for every one inch the head moves forward, an additional 15-30 pounds of tension is placed on the cervical muscles.

Demo



Demo

muscle changes

Muscles can become weak when held in a shortened state. This can happen due to prolonged poor posture. Muscles that are stretched and held in that position for prolonged periods develop "stretch weakness"

No matter how you work or play, posture affects your overall performance.

Proper posture can mean the difference between winning and losing.

Early Detection

Dem

health care practitioner, trained in the proper system posture correction, can help the patient "Turn back ie", and actually reverse physiological changes.

better and project a ge to the world!