



Postural Self-Assessment Tool

Is your bad posture damaging your health?

Believe it or not, posture is not only important for aesthetics and how you look to others, but it also plays a vital role in the function of every part of your body, from muscles and joints, to organ health and longevity.

Identifying if you have a postural distortion (and having a plan to correct it as soon as possible) is one of the quickest ways to **avoid long-term damage**, boost energy, and safeguard your health over your lifetime.

Take a look around.

You won't need to look far to see people of all ages and fitness levels with deteriorating posture.

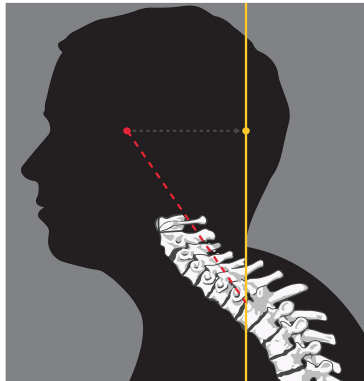
With more video games, smart devices, increased time sitting at desks, driving cars, and being inactive, we're not helping ourselves to solve these issues.

Experts are beginning to consider postural shifts and the health problems associated with them an epidemic.

Anterior Spinal Distortion is a specific type of shift in posture that occurs with the head and neck.

Typically, your ears should line up directly over your shoulders. In someone who suffers from Anterior Spinal Distortion, the ears and head shift forward in front of the shoulders.

ANTERIOR SPINAL DISTORTION



Structural shifts of any kind have been shown to:

1) **Accelerate depression, stress, and consume energy.**

In a study with university students, walking in a slouched position decreased energy levels and increased feelings of depression.

In fact, any kind of structural distortion puts your body in a state of increased energy consumption...Roger Sperry PhD. won the Nobel Prize for stating *“the more mechanically distorted a person is, the less energy is available for thinking, metabolism, and healing.”* Imagine what all that sitting is doing to your productivity and health!

2) Add a few pounds and contribute to digestive disorders.

Chronic slouching positions can constrict your intestines making digestion difficult. This also causes increased pressure on the abdominal wall, protrudes the belly and can make one look heavier than they actually are.

3) Increase musculoskeletal pain.

It only makes sense that the harder your muscles must work to support your distorted body, the more fatigued, inflamed and uncomfortable they will become. How many people with headaches, back pain, shoulder pain or other related conditions are simply experiencing the secondary effects of poor posture?

4) **Restrict breathing.**

More than one study has demonstrated that moving the head into a forward direction can **reduce lung function**. Constricting the lung expansion and contraction also diminishes the amount of oxygen getting to the rest of the body.

5) **Contribute to a shortened lifespan.**

It's hard to say whether this is a "chicken or egg" situation but multiple studies show, particularly (in the aging population) an anterior head position (hyperkyphosis) relates to increased mortality (chance of dying). This then is just another confirmation in the value of identifying postural distortions and the need for **correction** to improve your health today and in the future.

Why is Posture Important?

The main reason poor posture is detrimental to the function of the body is because it can be a signal of a CORE PROBLEM.

CORE PROBLEMS may contribute to a variety of health issues and COLLATERAL DAMAGE in the body such as; migraine headaches, high blood pressure, back pain, sleeping trouble, digestive complaints, etc.

These CORE PROBLEMS can be found in any of the key requirements for health: sleep, nourishment, movement, mindset, or healthy nervous system function.

An example of a CORE PROBLEM would be the foundation of a house. If the foundation is build properly, as years pass, the house should stay in good shape with minimal problems. However, if the house is built upon a subpar foundation, after some time the house may experience COLLATERAL DAMAGE, such as, trouble with drywall, tilted doorframes, even plumbing and electrical issues.

Most people in this situation would **fix** the crack in the floor. However, since the tilted doorframe is only COLLATERAL DAMAGE, and not the actual CORE PROBLEM, the issue will continue to come back again and again until the foundation is fixed.

Postural problems are CORE PROBLEMS. Identifying and correcting them has tremendous value for your health and well being.

YOUR 3 STEP GUIDE TO IDENTIFYING POSTURAL PROBLEMS

While a comprehensive Neuro-Structural Examination is the most accurate way to identify and confirm **structural distortion** and quantify it's impact on your health and performance, these three quick tests will give you a basic idea if further examination is warranted.

1. THE MIRROR TEST

Stand facing a full-length mirror and look to determine if:

- Shoulders are level
- Head is straight
- Spaces between your arms and sides are equal
- Your hips are level and your kneecaps face straight ahead
- Ankles are straight.

Stand parallel to the mirror and take a photo or have someone else look to determine if:

- Head is erect and not shifted forward or backwards
- Chin is parallel to the floor and not tilting up or down
- Shoulders are in line with your ears and not drooping forward or pulled back
- Stomach is flat
- Knees are straight
- Lower back has a slight forward curve

2. THE WALL TEST

Stand with the back of your head, shoulders and buttocks touching the wall and your heels six inches from the baseboard.

- Check the distance with your hand between your neck and the wall. If your head, shoulders or buttocks cannot touch the wall or if you can slide more than three fingers behind your neck, you may have a postural distortion and there is a likelihood it's affecting your health in some capacity

3. THE FLOOR ANGEL

Lie on the floor with knees pulled up, feet on the ground, lower rib cage in contact with the floor and arms at 90 degrees in a stick-em-up or field goal shaped position.

The back of your head should maintain contact with the floor and the chin should stay tucked. A positive test is signified by an inability to maintain any of these normal positions:

- Hips come off the floor
- Rib cage comes off the floor
- Head cannot maintain contact with the floor
- Wrists and arms cannot maintain contact with the floor

Poor posture is a far-reaching condition within the human frame. It affects our health in ways we can see and feel but more importantly, in ways we least expect.

If any of these self tests were positive a comprehensive Neuro-Structural Examination may be warranted.

Be sure to contact us for further information: team@primechiropracticdenver.com

The Subject line should read: *Positive Posture Test*

Hopefully, you received a ton of value from this do-it-yourself guide.

--Dr. Matt

Prime Chiropractic