

# **DO YOU HAVE POSTURAL SYNDROME?**

By Dr.s Boyd & Cindy Williams

Postural Syndrome is a painful disorder caused by prolonged stress on the muscles along the spine. Those affected are typically in their thirties (or younger), have a sedentary (seated) occupation and lack physical fitness. Most individuals suffering postural syndrome report no apparent cause or injury which provoked the pain.

The symptoms of postural syndrome are headaches, neck and/or back pain. Pain is caused by prolonged sitting, standing or even sleeping.

Postural neglect can result in postural changes such as protruded head, hunchback and inability to stand erect. In addition, a significant loss of strength and a decrease in joint motion can occur. Also postural syndrome can result in unstable joints, which leads to subluxations, arthritis and abnormal bone growth. Finally, postural neglect increases the risk of injuries to intervertebral discs, ligaments and spinal joints due to trauma or other factors.

How do you treat postural syndrome? First and most important, correct poor posture and eliminate the cause of pain. Regular chiropractic care ensures proper alignment, mechanics and function of the spine. This allows you to stand up straight! Rehabilitation exercises strengthen the spine and enhance joint range of motion. And, when combined with chiropractic treatment, can improve posture and reduce pain. Also, get active! Participate in regular aerobic exercise, and avoid prolonged sitting and standing. Finally, support your spine. Use cervical and lumbar rolls when sleeping, and lumbar supports when sitting.

If you would like better posture, WE CAN HELP! Start now, you'll like the changes you see.

For more information on this or other health topics, including information about our services, go to [www.familychiroclinic.org](http://www.familychiroclinic.org) or call us at 507-281-4878.