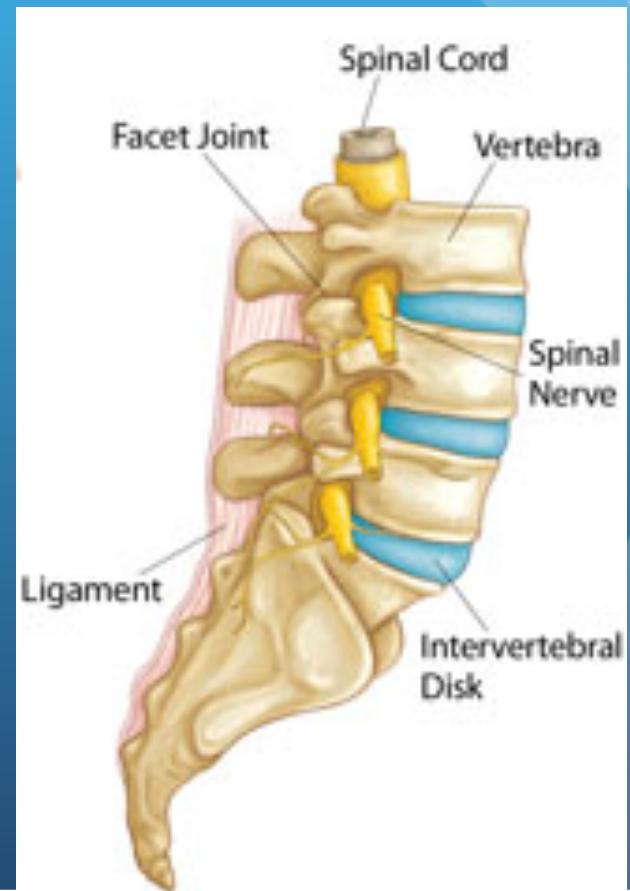
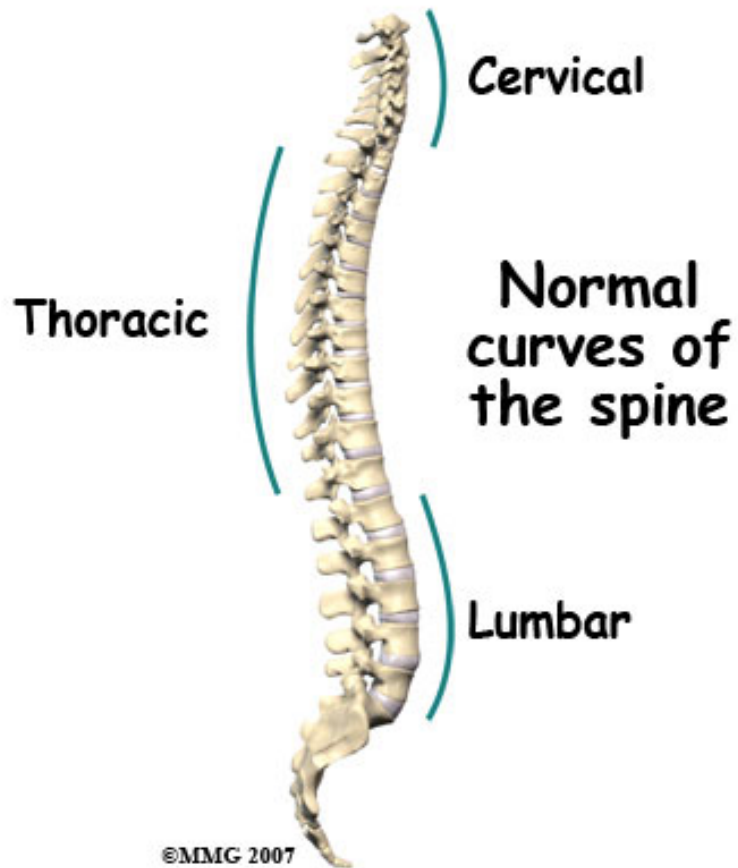


# Posture Clinic - Sample Slides

For Commuters and Computer Users

# Normal Spine Anatomy

- Curves of the spine
- Discs and Nerves



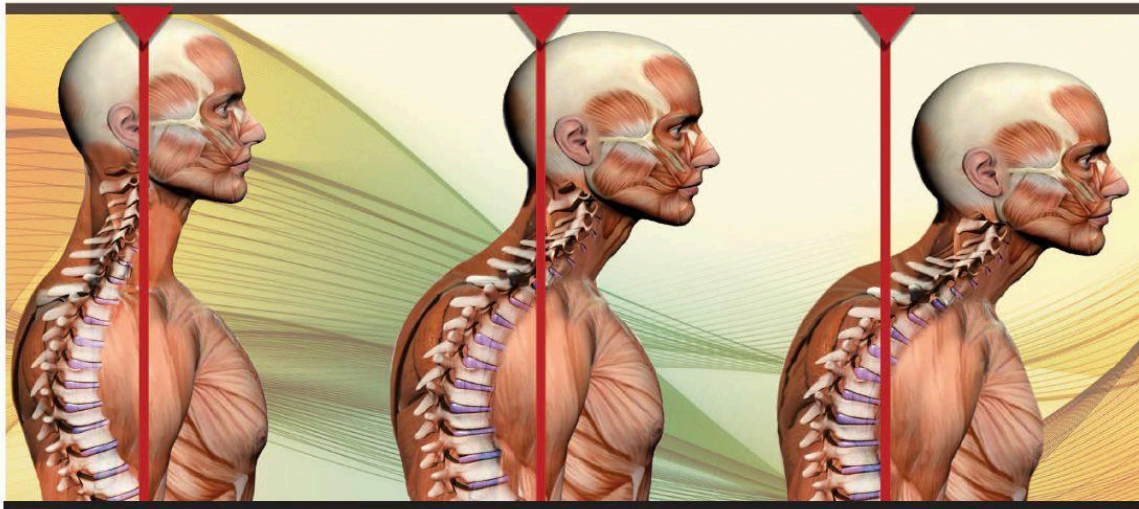
# Effects of Abnormal Spine Postures - Forward Head

## How Heavy is Your Head?

12 lbs.

32 lbs.

42 lbs.



NORMAL POSTURE

2 INCHES FORWARD

3 INCHES FORWARD

## 42 Pound Head

*"For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds."*

Kapandji, Physiology of Joints, Vol. 3



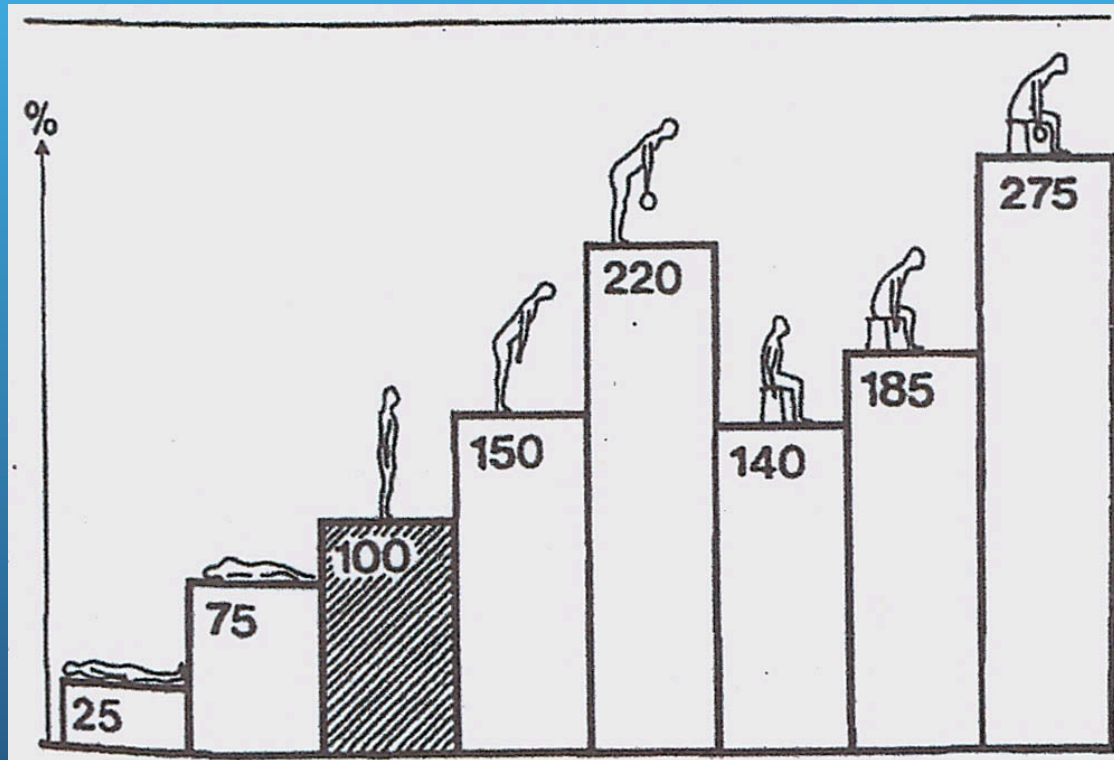
# Bifocals and Head Position

- Make sure your viewing angle isn't changing along with your glasses!



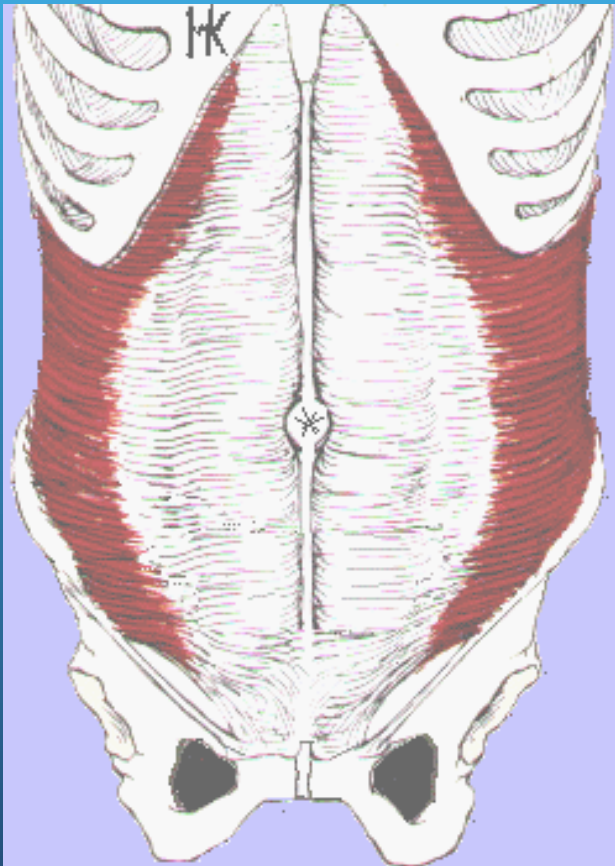
# What Sitting Does to your Spine

- Increased Disc Pressures



# Deep Core

- Transversus Abdominis



- Why is it important?
- Anticipatory contraction before movement provides stabilization at the spine
- With back pain, becomes inhibited = need to RETRAIN