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Posture-Stand Up Straight

Posture: What is it and how important is it to your health and well being? Webster's-(1) defines posture as the position or bearing of the body whether characteristic or assumed for a special purpose. (2) State or condition at a given time especially with respect to capability in a particular circumstances.

I am writing about this because of a very informative article that I read today 6/25/11 in The New York Times, "Sit Up Straight. Your Back Thanks You.", Lesley Alderman. If you want to avoid back problems then your posture can help prevent this if it good. Very few of us will get through our life without being at least temporarily incapacitated by this condition. Eighty percent of all Americans will experience this to some degree and 15% of all adults are treated for herniated discs, spinal stenosis or lumbar pain. However there is more to good posture besides the avoidance of back pain and one of the benefits is you look better and certainly younger. And you can avoid the dreaded dowager's hump of old age. This postural distortion is caused by the head being carried forward to the bodies center of gravity. The actor that most epitomized this posture distortion was Walter Matthau.

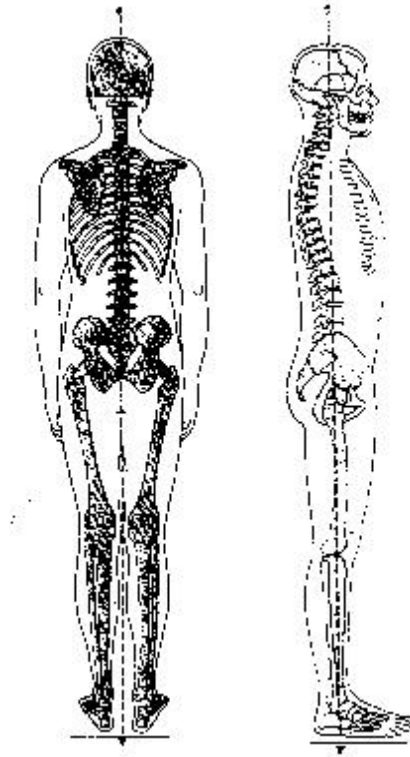
Here is a concept of how poor posture can effect your health in a negative way. We derive energy to run and sustain life in our bodies from the foods we eat. Poor posture puts a greater load on our skeletal system thereby misappropriating energies that are needed to control and maintain our health and thereby, increasing the likelihood of becoming ill.

To clarify the picture your body under ideal postural condition expends 40% of its total energies in maintaining and lubricating of your joints. This is control by your nervous system (brain and spinal cord). Poor posture and poor spinal mechanics add up to a poor health! The Times Article states that the "maintaining good posture not only helps you look better (there's reason inept people are called slouches), it improves muscle tone, makes breathing easier and is one of the best ways to stave off back and neck pain, not to mentioned the dreaded dowager's hump of old age." If you referrer back to Newsletters numbers: #6 Cholesterol, # 7 Learning Disabilities, #8 TMJ Dysfunction, #9 Heartburn and GERD, #13 Low Back Pain, #16 Headaches, # 17 Depression, you will find that your posture plays a major roll in all of these conditions. Finally your posture will also influence how others think about you, and even judge you and could even influence you getting a job or keeping you job.

The following illustration will show you what good posture look like and also were your center of gravity should pass. This New York Times article talks about D.I.Y. Approach to back pain. I kept check this technique out and guess what it was?

Good Posture and Bodies Center of Gravity

(Stand up and lift your chin slightly: align your ears over your shoulders and shoulder over your hips.)



Sorry for leaving you hanging in this matter, but the D.I.Y., (Approach or Technique) is simply (Do It Yourself) and while this something I truly believe in, sometimes our bodies need a kick in the pants to get it started. To get the greatest improvement you will need both Chiropractic and Applied Kinesiology Techniques to stabilize these chronic distortions, which I can supply in both structural correction and muscle balancing and nutritional support. You will also require deep tissue work to breakup the adhesion of this long term postural distortions and this is done by Fred Dones who has been supplying this services at my office for the past twenty years.

In 6/27/11 Time's, Jane Brody talked about the importance of posture seated, stand to prevent compression fracture of the spine in women with osteoporosis and osteopenia. Some nutrition is spoken about in this article but not enough. If you go to my web site paulsprieser.com and click Patient Information and Check Newsletter #21, which covers this topic in great detail. If you click the topic they are in PDF files, you will need Acrobat to read these file and you can download them free if your computer does not have the in its program.

Call us today for an evaluation and make an appointment for deep tissue release with Fred Dones. I can guarantee you that you will not be sorry. Call today for the appointment!