



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

POSTURAL AND RESPIRATORY MODULATION OF AUTONOMIC FUNCTION, PAIN, AND HEALTH

John Lennon, BM, MM, C. Norman Shealy, MD, Roger K Cady, MD, William Matta, PhD, Richard Cox, PhD, and William F. Simpson, PhD

Posture and normal physiology and function are inter-related. Abnormal posture is evident in patients with chronic pain-related conditions including backache, headache, and stress-related illnesses. Posture training and gravity-centered breathing may play a role in comprehensive treatment patients with chronic pain and stress-related problems.

Observations of the striking influence of postural mechanics on function and symptomatology have led to our hypothesis that posture affects and moderates every physiological function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are all among the functions most easily influenced by posture. The significant influences of posture are upon respiration, oxygenation, and sympathetic function. Ultimately, it appears that homeostasis and autonomic regulation are intimately connected with posture. The corollary of these observations is that many symptoms, including pain, may be moderated or eliminated by improved posture.

American Journal of Pain Management 1994; 4:36-39



**** Who do you know that could benefit from Chiropractic Care? ****

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

220 South Business Park Drive Unit A-4 Oostburg, WI 53070 **phone** 920.564.6061 **fax** 920.564.6081