



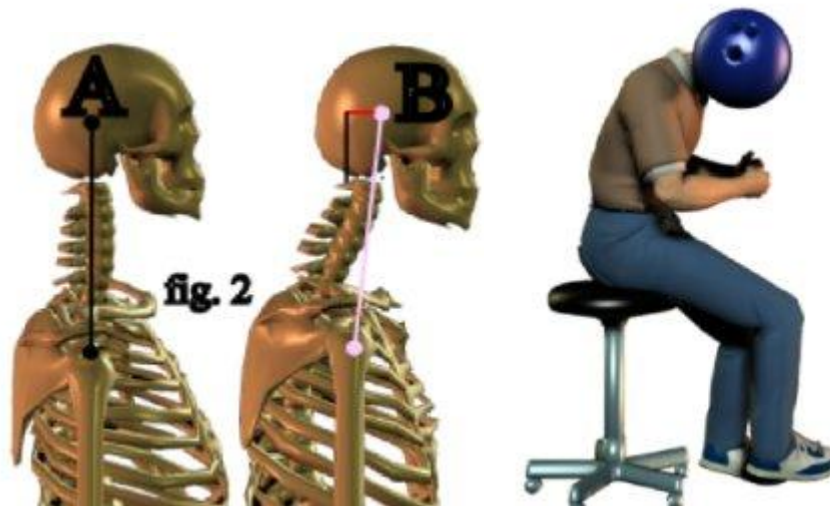
## LAKELAND CHIROPRACTIC - OOSTBURG

### **CHIROPRACTIC AND FORWARD HEAD POSTURE**

The average adult head weighs between 10-12 pounds—approximately the weight of a bowling ball! When your head and neck is in the right positional alignment (ear directly above shoulder), there is minimal stress on the ligaments and muscles which support the head and neck. However, for every inch that the head moves *forward*, the muscles of the neck are working *7 times* harder to keep you looking straight ahead! [To demonstrate, see how long you can hold your bowling ball straight in front of you as opposed to tight to your body.]

Since your upper neck houses the brain stem and trillions of nerve fibers going from the brain to the body, the **forward head posture can lead to a variety of health problems** including headaches, neck pain, shoulder pain, visual disturbances, fatigue, digestive and breathing problems, etc, etc, etc...

The exact cause is unknown, but is due mainly to our *daily activities*. Do you sit at a desk? Do you work on the computer? Most of us do. Forward head posture is present in more than 90% of adults! Check yourself, your family, and your friends. Let them know the importance of maintaining a healthy spine and nervous system!



### **WHO DO YOU KNOW THAT COULD BENEFIT FROM CHIROPRACTIC CARE?**

HELP US TO *EDUCATE THE COMMUNITY* HOW  
CONSERVATIVE CHIROPRACTIC CARE PLAYS A  
MAJOR ROLE IN YOUR HEALTH AND WELLNESS!