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HEALTH

What Poor Posture May Be Doing to You

NewsUSA

(NU) - Sponsored News - Feeling kind of tense and achy? It may be because of poor posture.

While the media has jumped on warnings about "tech neck" – the neck pain and damage sustained from hunching over smartphones and other devices for too long – you're actually risking harm to your overall health if just about any part of your body becomes misaligned.

That's because, as the American Journal of Pain Management notes, a person's posture affects and moderates every physiological function from breathing to hormonal production.

Yes, you read that right. Every physiological function.

How so? "Our muscles and ligaments routinely work to balance us as we sit, stand, bend and sleep," explains Sherry McAllister, DC, executive vice president of the not-for-profit Foundation for Chiropractic Progress. "Over time, however, uneven stress causes the body to adapt and change – subsequently causing aches and pains."

Multiple factors can contribute to poor posture – including injury, stress, obesity, pregnancy, and weak postural muscles. Chiropractors have been specifically trained, as part of their minimum seven years of higher education, to provide drug-free, hands-on care that helps to naturally align and strengthen the spine, as well as advise on healthy lifestyle habits.

Doctors of chiropractic work to align and strengthen the spine.

And speaking of habits. In keeping with National Correct Posture Month, the Foundation for Chiropractic Progress is out with tips designed to help you develop smart ones regarding posture. Among them:

- Maintain a neutral spine. Meaning, chin up and shoulders pulled back.
- Avoid extended time spent with your head flexed forward.
- Don't cross your legs while seated.

Learn more at F4CP.com.

Keywords: chiropractors, chiropractic care, American Journal of Pain Management, Foundation for Chiropractic Progress, Sherry McAllister, DC, F4CP
Meta Description: In celebration of National Correct Posture Month, the not-for-profit Foundation for Chiropractic Progress has some tips designed to help develop good posture.

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