



MAY '18

WELLNESS LETTER

Dear Patients and Friends,

May is Perfect Posture Month! Doctors of Chiropractic are experts on posture and have always been proactive in educating their patients on ways to improve their posture. Here's some key information about posture I thought you'd like.

What are the benefits of good posture?

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents backache and muscular pain.
- Contributes to positive self-esteem and confidence.

To achieve good posture you will require the following:

- Proper spinal alignment and motion.
- Good muscle flexibility.
- Strong postural muscles that are balanced on both sides of the spine.
- Awareness of your own current posture plus awareness of proper posture which leads to conscious correction.

We're always here to help you improve your health and better posture is a key to better health. Focus on better posture and be aware of those you come in contact with this month and see how their posture is impacting them. Chiropractic offers drug-free solutions to posture related health problems. Spread the word!

Make it a great day!

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