

MAY '16 WELLNESS LETTER



Dear Patients and Friends,

May is Posture Month. This is an annual reminder to find out how your posture changed over the past year...for better or for worse. A quick posture check is an annual must-do!

We promote the Posture **ACE** Model:

Awareness: Forget good or bad posture. Strong or weak is more appropriate. There's always a path to improvement.

Control: A few minutes per day of posture exercise is all you need to improve your posture.

Environment: To maintain great posture – create a posture smart environment to put an end to bad habits.

Posture affects you in many ways:

People lose height as they age.

Research suggests the physical restriction of lungs and abdominal organs caused by loss of height caused a much higher risk of heart disease, stroke and respiratory mortality.

Posture is linked to back pain – 65 million people in the U.S. alone endure back pain every year.

Low back pain is the most common disability for people under the age of 45.

80% of Americans suffer back pain during their lives. If you haven't yet, it is likely you will.

People with good posture enjoy:

Pain-free movement and flexibility.

Better balance and coordination reducing the risk of falling.

Higher energy levels.

A key component to the chiropractic model of health care includes the assessment of posture and recommending ways to improve your posture. Be proactive and let us help you get back to an active lifestyle or work to prevent injury in the first place. Our office continues to accept new patients to help make our community healthier.

Make it a great day!

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