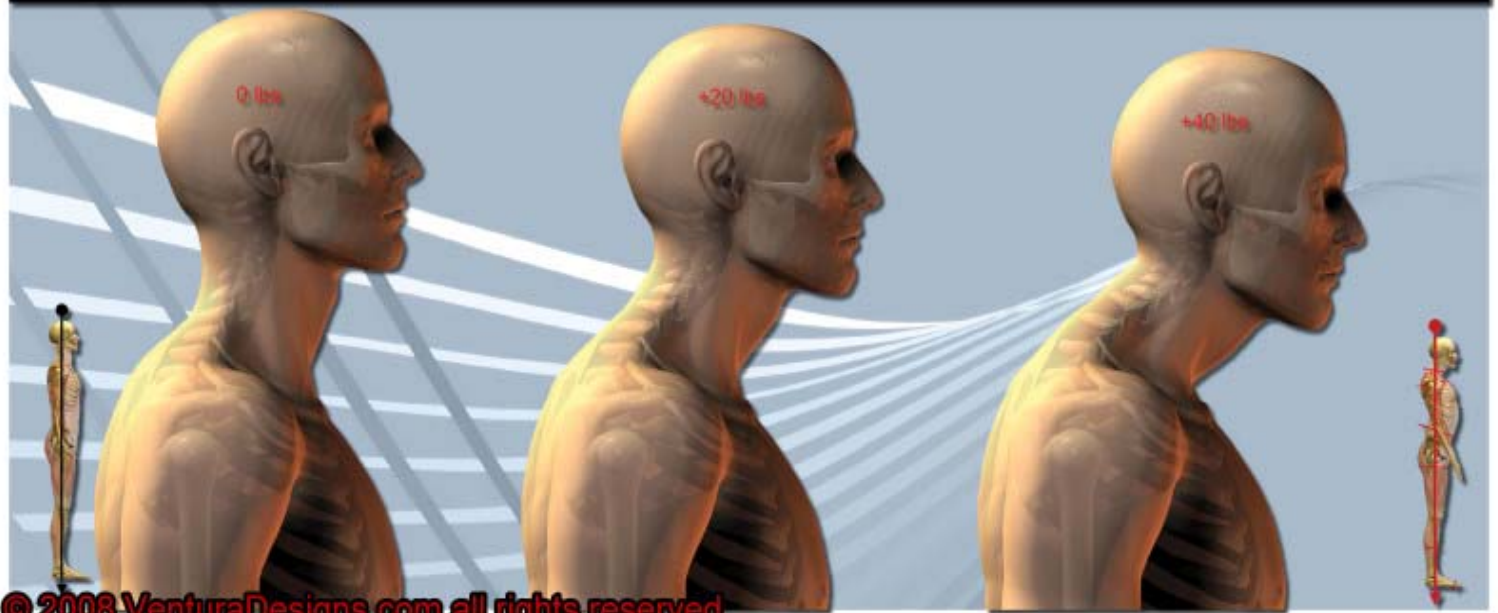


Poor Posture and the Weight of Your Head

The human head weighs between 8 and 10 pounds and represents 8% of the total body mass. In a neutral posture position the head feels as if it weighs nothing because the body is perfectly balanced. But for every one inch the head moves forward, away from a neutral balanced posture, the head feels as if it's weight has doubled. This is due to the effects of Gravity and the tension stress placed on the neck muscles and cervical spine.

If treatment is started before spine decay begins, a person's posture can be corrected and the additional stresses on the body removed. If you know anyone that looks like the pictures below, please refer them to our office.



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