

How a Chiropractor Can Help Fix Bad Posture

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Posture is simply the position of the body while sitting or standing, or even lying down. Good posture, called neutral spine, delivers many essential health benefits, including freedom from back pain due to poor posture. But, it can sometimes be challenging to figure out how to fix bad posture and habitually maintain healthy posture without help from a chiropractor or other healthcare provider. Below is a list of things a chiropractor can do to help you fix bad posture.

Why is Good Posture Important?

There are many health benefits from good posture and a long list of negative effects of poor posture. For just a few examples, bad posture can impact the functioning of the digestive system, exacerbate depression, increase stress levels, and diminish self-confidence. Just some of the benefits of posture correction include:

- Eliminates back pain and shoulder pain from bad posture
- Keeps bones and joints and bones properly aligned
- Reduces risk of injury due to poor posture
- Minimizes wear and tear on joints and muscles
- Minimizes strain on ligaments
- Improved mood and a general sense of well-being
- Prevents muscle strains from movement with high-risk posture
- Conserves body energy by using muscles more efficiently
- Improves function and long-term health of organs
- Improves digestion
- Look healthier, taller, and more self-confident

- Appearance makes a better impression on others

Causes of Bad Posture

Identifying the causes of posture problems and correcting those enables you to start standing and sitting straighter without the need to keep trying to remind yourself to correct your posture. Some common reasons why people have unhealthy posture include:

- Tight muscles
- Weak postural muscles
- Previous injuries
- Stress
- Weight gain
- Pregnancy
- Low self-confidence
- Wearing high-heels frequently in the past
- History of carrying heavy backpacks

How To Correct Posture with Help From a Chiropractor?

In the majority of cases, bad posture can be corrected. Treatment from a licensed chiropractor can help many people restore healthy posture. These are some of the essential methods a chiropractor can use to help you overcome unhealthy posture.

Assessing the Condition

A few key questions are asked to assess your posture and any effects it has on your daily life, exercise habits, work routines, and recreational activities, and to assess discomfort or pain.

Evaluating Your Posture

The focus is on identifying the causes resulting in slumping when standing or sitting, uneven shoulders, poor posture of body side(s), back-arching, twisted pelvis, or other poor symmetry.

Working the Soft Tissues

If some muscles are underused or weak, others may tighten, pulling the spine into misalignment. Chiropractors can strengthen and release muscles and correct imbalances.

Making Gentle Adjustments

Chiropractic methods include mild adjustments to the shoulders and slow maneuvers to help increase movement of the joints, relieve tension in the surrounding muscles, and improve posture.

Rehabilitative Stretching

A chiropractor uses therapeutic stretching and muscle relaxing exercises to destress tense muscles, ease the tension that contributes to unhealthy posture, and strengthen muscles.

Your Posture and Your Life

Posture is something most people don't think about, but poor posture can be harmful to your physical and mental health. Whatever the cause of a posture problem, if you're experiencing back pain, or other specific issues, your daily life can probably be substantially improved. Consult with a licensed chiropractor for advice on how to fix posture and treatment to remedy unhealthy posture as soon as possible!

Chiropractor for Posture – Advanced Health Chiropractic

For over two decades, Dr. Lisa Bell & Dr. Jamie Bell have been helping people in Michigan be healthier and feel better. We combine state-of-the-art chiropractic care technologies with today's best physiotherapy procedures and techniques.

If you need help fixing bad posture, call Advanced Health Chiropractic at (248) 813-0500, or contact us here on our website to schedule an appointment for an assessment.
