

MAY '17 WELLNESS LETTER

Dear Patients and Friends,

May is Posture Month! It is a time we use to reinforce the benefits of good posture and the health risks of poor posture. One of the latest tag lines you may have heard is: "sitting is the new smoking". As I write this newsletter today, I just got home from spending 12 hours this weekend "sitting" in a conference room in Syracuse for license renewal and I can tell you first hand, sitting is bad for your posture!

I will be speaking at my daughter's 4th grade class at Trinity Catholic School on Friday, May 5, 2017 about the importance of posture as it relates to good health. We have seen an increasing number of young children over this past year suffering from neck pain and headaches directly related to prolonged neck flexion from texting, using the iPad and playing video games. Unfortunately, adults are not immune from this either. Sedentary occupations continue to rise creating repetitive strain injuries as well as posture-related injuries. Standing work stations continue to become more popular and we are seeing firsthand the benefits of these stand-up desks.

We will be posting a variety of posture-related information on Facebook all month so be sure to look for this. If you haven't liked us on Facebook yet, now is a great time to do so as it continues to be the most efficient way for us to connect with our patients both for timely practice-related information and for educational purposes.

Poor posture can lead to abnormal loading or stress on your muscles, tendons and ligaments not just in your spine but throughout your body. This places unnecessary stress on joints and discs leading to increased degenerative changes and increased risk of injury. Poor posture can also place undue stress on your vital organs such as your lungs and stomach. This can lead to decreased lung capacity and digestive issues.

Doctors of Chiropractic specialize in assessing posture and alignment and correcting these imbalances that lead to injury. Chiropractic adjustments help improve motion and alignment of your spine and skeletal system and can also help improve posture. Exercises will be prescribed to help improve postural imbalances to speed recovery and to aid in the prevention of recurring problems.

Poor posture may be the missing link in regards to your health problems and chiropractic care may just be what you need! Give our office a call today to see if we can help.

Make it a great day!

Dr. Ed

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