



# MAY '15 WELLNESS LETTER

Dear Patients and Friends,

Happy spring, yes again!!! Hang in there it's coming for sure [fingers crossed].

May is Perfect Posture Month. It is fitting that May has been chosen for this as it is a month of "re-birth". The grass is growing and the flowers are starting to pop up.

Posture is a starting point to better health as it literally provides the foundation on which our bodies function. Poor posture increases loading to the spine resulting in wear and tear, better known as "degeneration".

Poor posture makes your body work harder for balance and strength resulting in overuse injuries. Often times patients will tell me: "I didn't do anything. It just started to hurt". Actually, the hurt was the end stage of poor posture in most cases.

Now that the first Quarter of the year is behind us, ask yourself: "Am I healthier now than last year at this time"? "Did I keep up with my health goals I set for the year"? If not, starting by working to improve your posture is a great place to begin moving forward. I am including 3 simple stretches that you can do starting today to improve your posture.

Don't forget to check your children and grandchildren's posture. I've always said "as the twig is bent, so grows the tree". Changing postural imbalances is much easier at an early age. You don't put braces on teeth at age 50? Why would you wait until later in adult life to have good posture?

So try these out. If you have any questions on other ways to improve your posture and prevent injury, feel free to call us. We're always glad to help.

Make it a great day!

Dr. Ed Galvin



# Port City Chiropractic, PC

Dr. Edward J. Galvin Jr.  
11 Fourth Avenue  
Oswego, NY 13126  
(315) 342-6151  
[www.portcitychiropracticpc.com](http://www.portcitychiropracticpc.com)

## Improve Your Posture



### Pectorals

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.



### Chin Tuck / Retraction

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable. Hold, relax and repeat.



### Lumbar Extension — Standing

Standing tall, support upper body by placing hands on back of pelvis. Squeeze buttocks and slowly arch backwards.