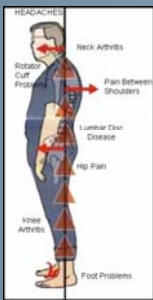


Posture change after adjustment

라기문 PT. CP

Posture Impacts Your Health

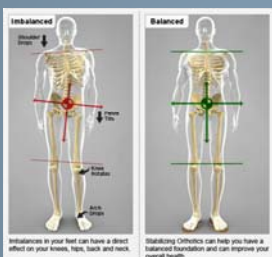


Conscious and Unconscious Action

Abnormal posture can be the result of structural imbalances

structural imbalances then the response will be such that the body adapts to these imbalances and the result is an abnormal posture.

Posture Impacts Your Health



leg length inequality will result in a tilted pelvis, scoliosis and muscular imbalances that in the short-term your body adapts to. But in the long-term this will result in muscle and joint "exhaustion" or failure with subsequent degeneration and attendant pain.

Putting Your Feet First When Postural change



Fallen Arches

Most people are not aware that they have flat feet

most likely tend to look at them while sitting

In the sitting (non-weight bearing) position our feet will usually appear to have an arch

However, when you assume weight-bearing flat feet become evident.

Foot Ligaments Help To Stabilize

Your feet have over 100 muscles and ligaments that hold the bones of the feet in their proper position

A ligament's job is to restrain joints from going beyond their designed limits

When your ligaments become stretched they lose their stabilizing ability and fail to hold the bones of your feet in their proper position. What eventually ensues is a collapsing of your arch in the standing, weight-bearing position.

Telltale Symptoms Of Flat Feet



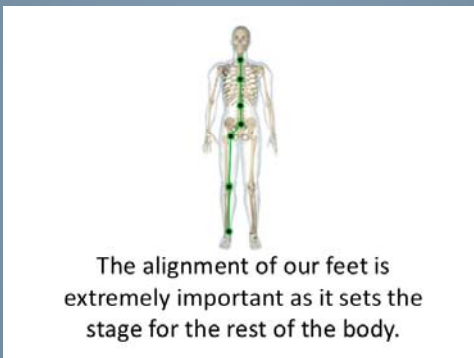
Most of the time, the symptoms will not be noticed in the foot at all. Other body areas will usually express symptoms due to flat feet before any symptoms are felt in the feet.

Telltale Symptoms Of Flat Feet

the real danger of flat feet is the harm being caused to your other joints and areas of the body

Early detection will often prevent the premature joint degeneration of your lower back, hips, and knees. One of the best ways to prevent the need for lower back surgery, as well as hip and knee replacements, is to correct the flat feet and over-pronation early in life and maintain that correction throughout life.

What's The Relationship Between Fallen Arches And Posture?



What's The Solution For Fallen Arches?

**PUT YOUR
LIFE IN
BALANCE**



with Stabilizing Orthotics

- ❖ Orthotic
- ❖ Foot adjustment
- ❖ Proper Footwear Is Essential

Posture Change Pre To Post X-Ray

