



**CELEBRATE  
POSTURE AWARENESS MONTH  
& MOTHERS DAY  
DURING THE MONTH OF MAY!!!!**

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May is Posture Month. It's time to take a look at how the world sees you.

We all have a memory of Mom reminding us to "stand up straight and don't slouch." It should come as no surprise that Mom is always right. It is time to thank the woman who shared timeless wisdom with us about our posture as we grew up. Posture is now recognized as an important factor in aging well.

"Posture has been linked to problems from back and joint pain to affecting digestion and even your ability to breathe deeply" says Dr. Brad Grizzaffi of Pinhook Chiropractic Clinic.. "Research studies show the truth in what mothers have always known: standing up tall improves our health."

Dr. Steven Weiniger, posture expert, and author of *Stand Taller ~ Live Longer*, also reminds us that "there's more to posture than simply standing straight." "Posture is about how your body balances," he continues. "If we don't balance, we fall down! Our bodies would fall forward without muscles pulling us back. We use our muscles reflexively to balance when we sit, stand, sleep, or work."

We are creatures of habit. When we have an injury, our body will move differently to avoid pain. Over time, the body will adapt. Our body will create new habits. The brain adapts and adopts new muscles and joint positions even in the absence of continued pain. We believe we are standing straight because our brain is being told by our senses that we are balanced, even though the mirror shows we are not.

Let your mother know that you were listening to her all of these years. Thank her for teaching you about the importance of good posture by referring her in for a posture check up and health exam at Pinhook Chiropractic Clinic. It is now time to remind her about the importance of good posture.