



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



How to Avoid “Text Neck”

It seems that texting is the modern form of communication. It doesn't seem anyone answers a phone in the smart phone age. Besides smart phones, we are constantly in front of computer screens at work, playing games or working over a desk. Besides these “modern” forms of **poor posture habits**, we may also be crocheting or reading a book that is placed on the lap. Maybe we are working on a complex puzzle looking for that missing piece. This causes stress and strain in the upper back and results in a complex of symptoms called “**The Upper Crossed Syndrome**”. With ongoing poor posture, the muscles in the front of our body become shortened and tight and the muscles on the back of our neck and upper back get stretched and fatigued. That is why many people get that tired feeling and pain in the upper back later in the day.

Posture is a balancing act in our bodies. Our heads weigh about 10-12 pounds. It is supposed to be balanced with the ear over the shoulders. For every inch that we carry our heads forward of that ideal position, we increase the stress in the neck and upper back. Two inches of forward head position equals 48 pounds of extra pounds of stress in the neck. How long could you hold 48 pounds out in front of you with your arm? I frequently see people with three or four inches of head forward posture and they wonder why they are in pain constantly.

The answer to this societal problem is posture control. If you are sitting reading a book or sewing, use a large pillow or a bed tray to get your material higher on your lap so you don't have to be looking down constantly. Use a pillow in your lower back to correct lower back slumping. Workers need to get computer screens positioned so they are looking straight into them instead of looking down. Posture breaks frequently during the day help. Stand up, lift your chest up and bring your chin straight back like a soldier at attention. Hold this position for 30 seconds breathing into your belly. Another trick is to just stand against a wall touching with your upper back and head. Another is to just reach up with your arms like you are climbing a ladder. Do this every 30 minutes starting in the morning before fatigue sets in. **You are never too old to start this process. Stand up straight and live longer.**

Ideal Protein Testimonial

Jim states: “I have struggled with my weight for years and had almost come to the conclusion that no matter what I tried, I could not lose weight. The Ideal Protein diet has been perfect for me. It has quickly helped me lose weight and at the same time assisted me in changing my eating habits for the better. It produces a lifestyle change in how you eat by seamlessly incorporating normal everyday foods into my meals and it is something that I can continue with once I achieve my goal weight”. Jim has lost over 70 pounds.

Next Informational Meeting Jan. 27 at 6:30 PM
Weber Chiropractic Office SC in East Dubuque
Space is Limited, Call 815-747-6548 for a reservation

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