

# *Your Guide to* *FIXING YOUR POSTURE*



*At Home Tips and  
the Power of  
Chiropractic Care*

BY ANTIGNOLO  
CHIROPRACTIC

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# *What can lead to poor posture?*

Poor posture often develops from a combination of factors, including prolonged sitting, improper ergonomics, and lack of awareness of body mechanics.

Many people spend long hours hunched over computers, phones, or desks, which strains the muscles in the neck, shoulders, and back. Over time, this can lead to muscle imbalances, where certain muscles become weak and overstretched, while others become tight and shortened. Poor posture can also result from habits like slouching, carrying heavy bags on one shoulder, or standing with uneven weight distribution. Stress, obesity, and inadequate physical activity further contribute to poor posture, as they weaken the core muscles that support proper alignment. Without corrective action, these factors can cause chronic tension and pain, particularly in the neck and back.

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# Stretches and Exercises to Help Correct Poor Posture



**Chin Tucks:** Sit or stand up straight and pull your chin back, creating a “double chin” without tilting your head. Hold for 5 seconds, then relax. Repeat 10–15 times.

**Benefit:** Strengthens the muscles in the front of the neck and stretches the muscles at the base of the skull, improving head alignment.

**Wall Angels:** Stand with your back, head, and arms pressed against a wall. With your elbows bent at 90 degrees, slowly slide your arms up and down the wall as if making a snow angel. Keep your lower back pressed against the wall.

**Benefit:** Engages the muscles of the upper back and shoulders, promoting better posture by opening up the chest and improving shoulder alignment.

**Scapular Squeezes:** Sit or stand with your back straight. Squeeze your shoulder blades together and hold for 5 seconds. Repeat 10–15 times.

**Benefit:** Strengthens the muscles of the upper back, improving posture by encouraging better alignment of the shoulders.

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# A Few More

**Cat-Cow Stretch:** Begin on your hands and knees. Arch your back up (Cat) by pulling your belly button towards your spine, then dip your back down (Cow) by lifting your chest and tailbone towards the ceiling. Repeat for 10-15 cycles.

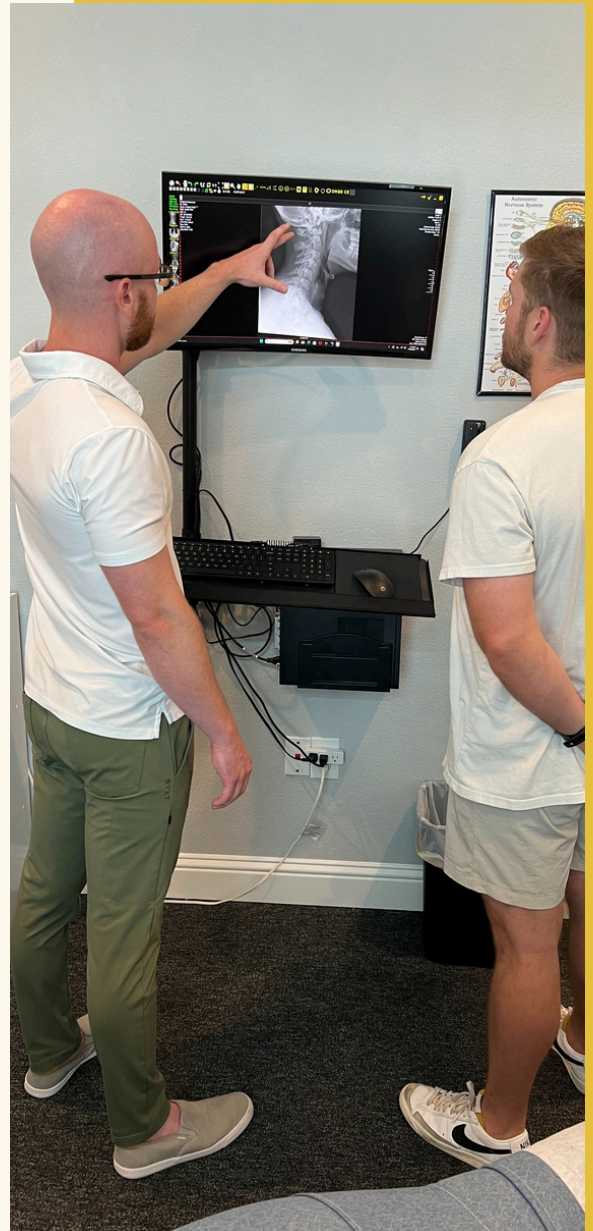
**Benefit:** Increases spinal flexibility and mobility, reducing tension in the neck and lower back.

**Plank:** Start in a push-up position, keeping your body straight from head to toe. Engage your core and hold this position for 20-30 seconds, gradually increasing as your strength improves.

**Benefit:** Strengthens the core muscles, which are essential for maintaining proper posture and spinal stability.

**Thoracic Extension on Foam Roller:** Lie on your back with a foam roller horizontally beneath your upper back. Place your hands behind your head and gently extend your upper back over the roller, then return to the neutral position. Repeat 10 times.

**Benefit:** Improves mobility in the thoracic spine and counteracts the effects of slouching by stretching the chest and upper back.



**Upper Cross Syndrome:** A common postural imbalance that occurs when there is tightness in the chest and upper neck muscles combined with weakness in the mid-back and deep neck flexors. This creates a forward head posture and rounded shoulders, often seen in people who spend long hours sitting, using computers, or looking down at phones. Over time, this imbalance can lead to muscle tension, headaches, neck pain, and shoulder discomfort. Chiropractic adjustments, stretches, and exercises focusing on strengthening the weakened muscles and loosening the tight ones can help correct UCS.

**Lower Cross Syndrome:** On the other hand, involves a similar muscle imbalance in the lower body. It occurs when the hip flexors and lower back muscles are tight, while the abdominal and gluteal muscles are weak. This creates an anterior pelvic tilt, where the pelvis tilts forward, leading to an exaggerated curve in the lower back. LCS can cause lower back pain, hip discomfort, and poor posture. Treatment for LCS typically involves chiropractic adjustments, stretching the hip flexors, and lower back while strengthening the core and glutes to restore balance and proper pelvic alignment.

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# *The Chiropractic Approach to Posture Correction*

Chiropractors use adjustments to correct misalignments in the spine, restoring proper posture and relieving pressure on the nervous system.

Chiropractic care often includes stretches and exercises to strengthen weak muscles and relax tight ones, addressing the muscular imbalances that contribute to poor posture.

Through detailed assessments, chiropractors identify specific postural deviations and create personalized treatment plans to improve alignment and function.

## **Why Chiropractic Care?**

- **Non-invasive & Drug-Free:** Avoid medications or surgery by opting for chiropractic adjustments.
- **Whole-Body Focus:** Chiropractors work to improve overall spinal health and nerve function, giving you long-term relief.
- **Personalized Care:** Chiropractors provide customized care tailored to your needs, addressing the underlying cause of your pain.

# *Importance of Maintaining Good Posture for Overall Health:*

Good posture alleviates strain on muscles and joints, reducing pain in the neck, back, and shoulders.

Proper posture also allows the ribs and diaphragm to function optimally, enhancing lung capacity and promoting better blood circulation. By minimizing muscle fatigue and tension, good posture conserves energy, leading to improved physical performance and stamina.

Maintaining good posture helps prevent degenerative conditions such as degenerative disc disease (DDD) or chronic spinal misalignments. The most important reason to maintain good posture is that proper spinal alignment ensures the nervous system can communicate efficiently, promoting overall well-being and reducing the risk of systemic issues.

*Disclaimer: If any of these at home remedies cause any increase in symptoms, avoid that specific movement/therapy for the time being.*

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# Resources

Below are some more resources for you if you would like.

[Upper and Lower Cross Syndrome](#)

[Chiropractic Care and Posture](#)

[The Importance of Good Posture](#)

**[CONTACT US](#)**

If you have any questions or would like to get started with Chiropractic care our contact information is below or click the button above to request your first visit:

Phone: 972-369-7167

Email: [Antignolochiro@gmail.com](mailto:Antignolochiro@gmail.com)