Spinal Posture Explained

Hi, I'm Dr. Ben from Mornington Peninsula Chiropractic Centre. I just wanted to take a few seconds to explain to you the importance of spinal posture. Now, I want you to consider this chart, it's behind me here. But these five blokes lined up along there. I wonder if you look at those five blokes, which bloke do you think is the powerful, energetic, enthusiastic strong one, and which is the tired, depressed, miserable, unhappy one?

**Spinal structure governs how you function**

You know I ask that question to four-year-olds that come to the practice, and they all get it right. It's incredible how we can look at someone's posture and make a judgment about how they're functioning and how they're going in life. You see, structure is so important to overall health. In fact, structure, we know, governs how you function. And one of the key things we do at Mornington Peninsula Chiropractic Centre is we take a very special interest in your spinal function, and more importantly, an interest in your spinal structure.

**Improve your spinal structure**

You see, one of the things that's unique about our practice is that we spend some time, if you choose, investigating spinal structure and how you can improve it. And the key is we. This is not something that I can just do by myself. We'll look at how we can improve and how you can help yourself get your spinal structure back the way it needs to be, to support you in your lifestyle. Whether you're a sports person, or whether you're a labourer, whether you're a mum, whether you're a dad, whether you're even just a kid. Just a kid? Whether you're a child. Spinal structure is important.

In fact, it's vitally important in children because children are growing. And if their structure is not in alignment, if there's not a balance from side to side in their structure, over time, as they grow, they can start to grow crooked. And this is where we get a change in body structure. Whether it be from side to side, or whether it be from front to back. And we've all seen children and adults that have this forward head carriage, and maybe have a sway back. That structural change has an influence on how not only the spine functions but how their body functions, throughout day to day activities.

**Let's take a look**

So it's a unique thing that we look at in Mornington Peninsula Chiropractic Centre. If I ever see you as a client, I can assure you that we will be taking a close look at your posture. Until we catch up, remember, look after your spine. I'm Dr. Ben, Mornington Peninsula Chiropractic Centre.