



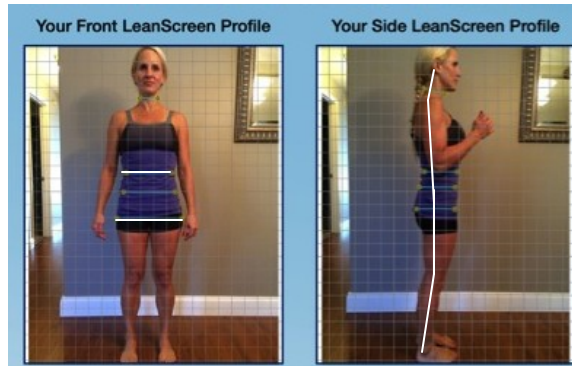
## Technology Can Be a Pain In The Neck!

Did you know Canadians send an average of 250 million texts per day? Along with the convenience that advancing technology provides comes the need to minimize the risk of injury. This is especially true of young people, whose bodies are still developing.

Posture is the window to the spine and poor posture can indicate there is a problem with a person's spine and nervous system.

One of the first indicators of poor posture is a slouching or forward head posture. This posture closes down on lymphatic drainage in the neck and will cause more strain on the posterior neck muscles. It also increases the weight bearing on the discs and can lead to premature arthritis of the neck.

What is your posture? Are you at risk of poor health? Schedule a posture exam with us to determine the condition of your spine.



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