

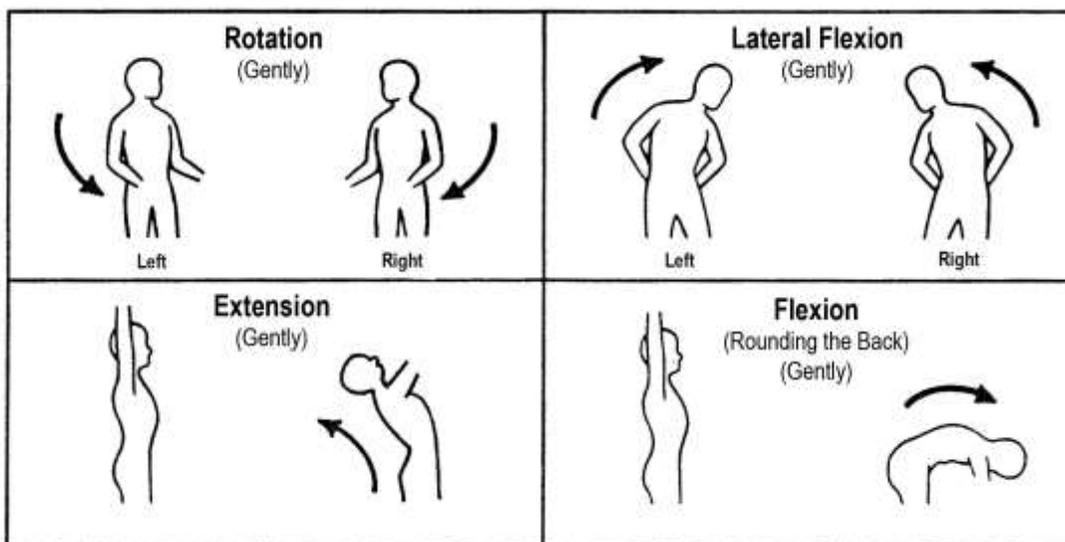
## The following are some minimal suggestions to help you look after your spine on a daily basis.

The exercises are done to help prevent recurrences of spinal and related health problems. Back Exercises should deal with flexibility first, strength second.

These exercises should be done:

- Standing, feet comfortably apart, do not bend knees.
- Only as far as comfortable in each direction.
- 5-10 times in each direction
- Once per day, whatever time is convenient.
- Slowly
- Forever, except when a problem exists.

*(forever is the hard part)*



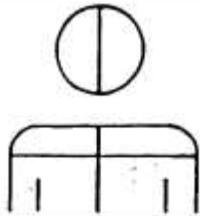
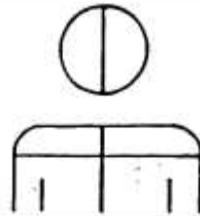
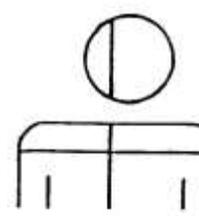
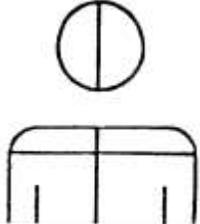
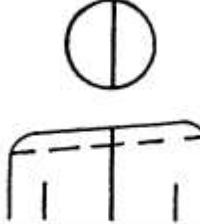
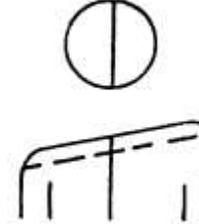
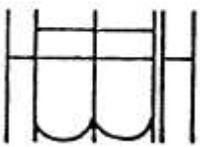
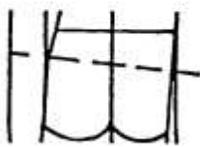
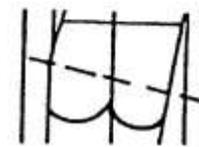
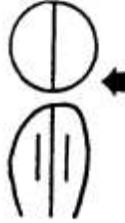
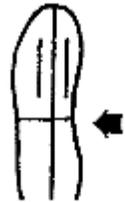
Be sure to advise your family chiropractor if problems arise.

# POSTURE SCORE SHEET

Name \_\_\_\_\_

Checked by \_\_\_\_\_

*Use One Sheet for Each Family Member*

	Good – 10	Fair – 5	Poor – 0	Score
<p><b>HEAD:</b> The head should be held erect. Look at the ears. Are they level? Is the head twisted or tilted to one side?</p>				
<p><b>SHOULDERS:</b> Stand behind the person being checked and put one hand on the tip of each shoulder to see if they are level</p>				
<p><b>HIPS:</b> The hips should be level. Put a hand on each hip bone so you can tell where they are.</p>				
<p><b>NECK:</b> The head should be balanced on the spine. Is it too far forward? Does the chin stick out? Are the shoulders rounded?</p>				
<p><b>LOWER BACK:</b> There may be a small curve, but is the curve too deep? Does the abdomen stick out?</p>				
<p><b>SHOES:</b> Look at the bottom of the shoes. The pattern of wear should be the same on each shoe. Is one heel more worn than the other?</p>	EVEN WEAR	UNEVEN WEAR	VERY UNEVEN WEAR	
	<b>Total Score</b>			<b>/60</b>

It is important that parents and children be aware of the spine's growth, complete from head to hips. Proper development in the growing years will help maintain the function of the spine, spinal cord, discs and muscles. Developing habits which provide for exercise and awareness will help prevent spinal and spine related health problems in all persons.