• Does posture matter?
• Does poor alignment cause pain?
• Is a poorly aligned body functional?
• Does a misaligned body affect performance?

“Muscle imbalance is an impaired relationship of muscles prone to facilitation and those prone to inhibition. Prolonged muscle tightness leads to fatigue, which ultimately decreases the force available to meet postural and movement demands.” Vladimir Janda, M.D.
"Some individuals may perceive their losing fight with gravity as a sharp pain in the back, others as the unflattering contour of their body, others as constant fatigue, yet others as an unrelentingly threatening environment. Those over forty may call it old age. And yet all these signals may be pointing to a single problem so prominent that it has been ignored: they are off balance and at war with gravity."

Ida P. Rolf, Ph.D.

Each day, the weight of gravity – 14.7 pounds per square inch pushes straight down on our bodies.

This compressive force should be equally distributed throughout the Neuro-myoskeletal system.

Frequently though, this is not the case.
• All measures of health status showed significantly poorer scores as C7 plumb line deviation increased forward of the sacrum.
• Even minor forward head/body sagittal balance is detrimental.
• The severity of symptoms increases in a linear fashion with progressive increase of forward head/body sagittal imbalance.
• There was clear evidence of increased pain and decreased function as the magnitude of forward head/body sagittal balance increased.

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• Soft tissues may become susceptible to fatigue failure, and the insidious development of musculoskeletal symptoms despite no obvious trauma (McKenzie and May 2003).
• Once static postures have induced discomfort the further growth of discomfort increases linearly with time held, and recovery can be slow (Corlett 2005).
• Sagittal spino-pelvic alignment was different between patients with chronic LBP and controls suggesting the relationship between this specific pattern and the presence of chronic LBP (European Spine Journal 2011).
Let's investigate assessment and treatment strategies to improve function in clients presenting with posture-related conditions such as:

- Dowager’s Hump & 1st Rib Fixations
- Clicking Jaw Syndrome
- Occipital Neuralgia Headaches
- Joint Decentration & Rotator Cuff Impingement
- Hip & Ankle Alignment & Knee Injuries
- Functional (fixable) Scoliosis
"Respiration is our primary and most important movement pattern... and also the most dysfunctional."

Dr. Karel Lewit
“So, thank you, Dr. Travell! I’m not imagining this gnarly spot in my back – because you discovered what the deal was.”

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