

BEFORE

Head forward and chin down

Shoulders forward

Chest caved in

Slumped over from the ribs

Hips forward

Arms hanging forward at an angle from the forward shoulders



AFTER

Head in neutral chin up

Body more upright and he is taller

Shoulder farther back

Chest expanded

No slumping under the rib cage

Hips in neutral

Arms hang directly vertical because the shoulders are back

I came to see Liz because I noticed my upper back was hunched over and my wife was worried about this. However, I had back pain whilst playing table tennis, so much so, I had to cut the season short this year, so I thought it would be a good idea to seek treatment. After a few sessions my pain has mostly gone, and I can now play table tennis without worrying. I am also more upright. I would definitely recommend Liz

Andy Taylor 2017

