

## BEFORE

- Body leaning forward
- Head forward
- Shoulders forward
- Arms forward
- Rounded shoulders
- Sunken chest



## AFTER

- Body straight
- Head back
- Shoulders back
- Arms back
- Open, expanded chest- easier breathing
- Shoulders less rounded



I felt awful, my body hurt from top to bottom, my back, left elbow, right shoulder and more. I couldn't get my right arm behind my back. I had no strength and I couldn't move anything bulky or heavy. After going to this chiropractic, I can now use my right arm after not being able to use it for 20 years due to my shoulder problem. I can now wash my back for the first time in years! I feel better generally, and my life feels more tolerable. I would definitely recommend coming to this chiropractic to others.

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