

### BEFORE

- Head forward
- Upper back rounded, see how much of her back you can see behind her arm
- Shoulders forward
- Slumped under rib cage
- Body leaning forward from the hips
- Arm forward



### AFTER

- Head farther back
- Upper back not nearly as rounded, see how you can see much less of her back behind her arms
- Shoulder farther back
- Chest lifted and rib cage not slumped
- Body upright
- Arms hanging more vertical rather than forward

"I came to see Liz because I had been suffering with painful back. Standing for longer than few minutes was very painful for me. Since seeing Liz and starting this chiropractic treatment my pain has now mostly gone and I am able to stand for much longer periods of time without pain. I am also sleeping much better. I would highly recommend Liz to other people as she is very professional as well as a lovely lady. 5 out of 5 stars!"



**Jenny Prosser**