

BEFORE

- Head forward and down, neck is short
- Shoulders forward
- Upper back very rounded
- Slumped under the rib cage
- Arm hang forward
- Feet apart to give her more balance whilst standing



AFTER

- Head back and in neutral, chin level and longer neck
- Shoulder farther back
- Upper back much less rounded
- Chest lifted and no longer slumped under the rib cage, so she looks thinner
- Arms hanging straight down

“My back was very painful, this made doing anything hard work. Since treatment with Liz, my pain has gone. I am now able to do most things and I sleep better now because I have my new pillow which Liz recommended”



Jo Matthews