

BEFORE

Head forward

Shoulders slumped
Strained neck and shoulder
muscles

Chest sunken:
Restricting breathing and heart
capacity

Upper back very curved

Abdomen pushed forward

Lots of pain



AFTER

Head nice and straight

Shoulders less slumped:
Less strain on the neck and
shoulders

Chest risen:
Breathing easier and fuller
Straight back

Reduced pain

Abdomen less forward

Taller

