

## BEFORE

- Forward head tilt
- Ear in front of shoulders
- Rounded forward shoulders
- Rounded upper back
- Rib cage compressed
- Forward pelvic tilt



## AFTER

- Head in neutral
- Ear in line with shoulders
- Shoulders are back
- Upper back is flatter
- Rib cage lifted
- Pelvis level and bottom tucked under

I came to see Liz with lower right back pain. I had difficulty in everyday life. Since treatment, my pain has greatly reduced, I have more movement in my hip and I'm more mobile than previously. I highly recommend Liz, she has made a big difference to my working day.

Lisa Berry 2017

