

BEFORE

Head forward and looking down

Shoulders rounded

Chest caved in

Feet apart



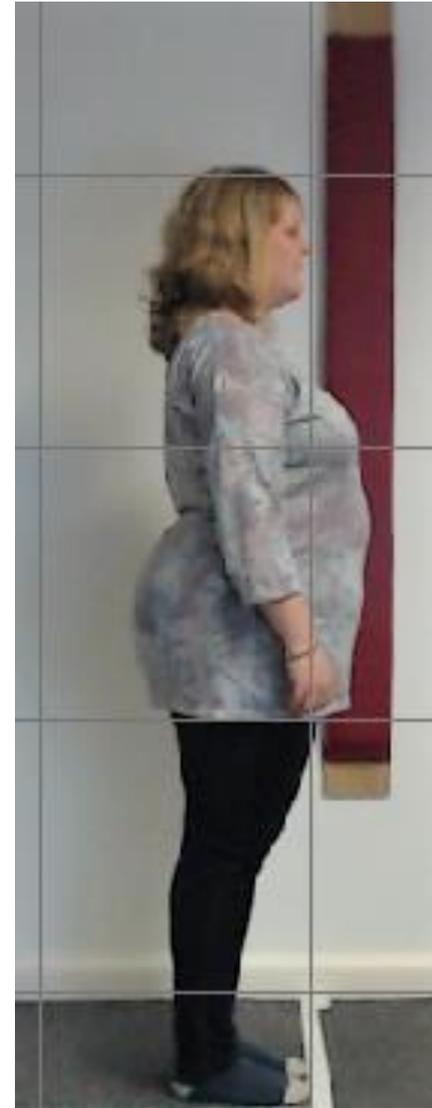
AFTER

Head in neutral

Shoulders back

Chest expanded and lifted

Feet together



"I came to see Liz and Gary due to trapped nerve in shoulder also causing pain in right arm. It was difficult to drive or work using computer but also to sit and sleep. After my treatment the pain has greatly reduced and I drive further, sleep better and working is not as uncomfortable anymore. I am more aware of my body/posture. I am straighter and don't get tight and stiff shoulder as often. I would definitely recommend Liz and Gary to my friends."



Michelle Churcher