

## BEFORE

- Head forward and down
- Upper back rounded
- Shoulders forward
- Chest caved in
- Very slumped over the rib cage
- Body leaning forward from the hips



## AFTER

- Head upright and farther back
- Upper back not rounded
- Shoulders back
- Chest expanded
- No longer slumped over the rib cage; he looks thinner because of that
- Body upright from the hips

"I came to see Liz as I was in agony with my back and in constant pain. I was on medication, but I wasn't getting any better physically or mentally and had to stop swimming, cricket and running. Since seeing Liz, pain has mostly gone and I'm now able to swim and run at small distance, I have better mental wellbeing and I'm not always concerned about my back. I would definitely recommend Liz"



**Nick Fairbairn**