

# Personal Posture Test

Stand in front of a full length mirror with your hands at your side. Close your eyes and march in place for 10 seconds. Stop marching. Center yourself. Open your eyes and look at your posture.

- |   |         |        |
|---|---------|--------|
| Is one shoulder higher than the other?  | Yes ___ | No ___ |
| Look at your belt line, is one hip higher than the other?   | Yes ___ | No ___ |
| Look at the top of your ears, is one higher than the other?   | Yes ___ | No ___ |
| Is one shoulder more forward than the other?  | Yes ___ | No ___ |
| Are your ears in front of your shoulders?   | Yes ___ | No ___ |
| Is the curve of your low back flat?   | Yes ___ | No ___ |
| Is the curve of your low back excessive causing your belly to bulge?  | Yes ___ | No ___ |
| Check the heels and soles of your shoes, are they wearing unevenly?   | Yes ___ | No ___ |
| Check the sleeves of your jacket or the hem of your pants. Are they uneven?   | Yes ___ | No ___ |
| Have a family member or friend take a picture of you from the back and from the side. Do you see imbalances listed above? | Yes ___ | No ___ |

If you marked “yes” to any of the above questions, you may feel balanced; however, your structure is out of balance. These posture imbalances can cause early deterioration of your spine and nerves along with a variety of health problems. In addition, exercising on a misaligned spine can speed the deterioration. Chiropractic care balances your structure, spine and nervous system helping you to heal quickly and enjoy an active healthy lifestyle. **Call today for an appointment.**



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