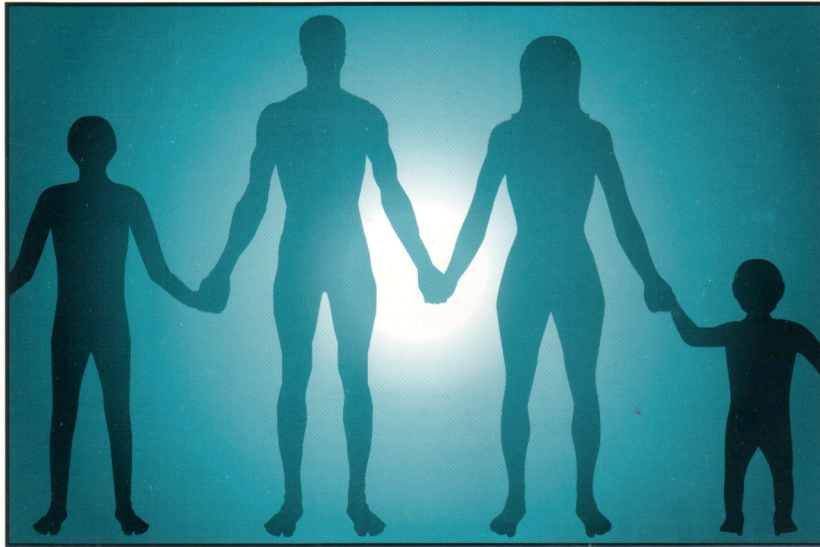


FAMILY POSTURE EVALUATION



THE LATEST RESEARCH HAS NOW PROVEN THAT POSTURE IS THE WINDOW TO THE SPINE. If posture is out of balance, then the spine inside is out of balance, putting unhealthy pressure upon your nervous system known as **subluxation**. This can result from activities as subtle as sleeping, standing or walking to more obvious traumas like emotional stress, work or auto injuries, recreational injuries and even the birth process itself.

OPTIMAL POSTURE IS A VITAL KEY TO ACHIEVING OPTIMAL HEALTH FOR EACH PERSON IN YOUR FAMILY. Early detection and elimination of **subluxation** will lead to a healthy nervous system at any stage of life.

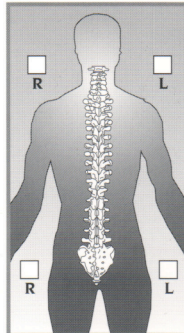
Use this card to observe and record the postural condition of each member of your family. Families that stand up straight together, stand long and healthy together!

INSTRUCTIONS: Participant stands with feet shoulder width apart and toes parallel then closes eyes and nods head back and forth twice bringing head back to middle. Keep eyes closed for ten seconds while observer checks shoulder and hip levels.

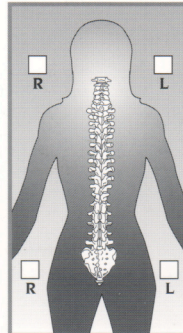
Observer stands facing the participant, and lightly places index fingers on top of participant's shoulders, noting which shoulder is higher. Then place index fingers on top of participant's hips and note which hip is higher. Place a check in the appropriate box on posture graph on the right to indicate high shoulder and high hip.

Important: If one of these test areas is positive, there is a high likelihood that **subluxation** may exist but can only be confirmed with proper chiropractic exam and x-ray.

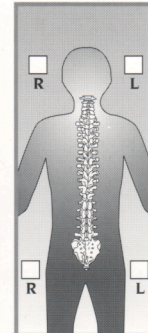
NAME



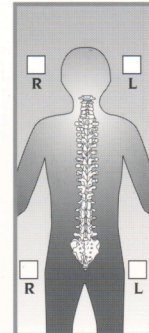
NAME



NAME



NAME



WHAT IS YOUR NEXT STEP?

If you are a current patient of our office, bring this postural evaluation test back to the doctor on your next visit and allow the doctor to correlate the findings.

If you are not yet a patient in our office, then call us today and we will be happy to assist you in scheduling a complimentary consultation to discuss you and your family's health concerns. Many health problems stem from an unhealthy nervous system which is why it is so vital to regain and maintain optimal spinal health. We look forward to serving you.

FOR DOCTORS USE ONLY:

Findings:

Conclusion:

Healing Hands Family Chiropractic & Massage Centre, 416-699-6333