

FITNESS HEALTH

by **Bill Boland**

DOES THIS PERSON'S POSTURE LOOK GOOD TO YOU?



IF IT DOES, THEN YOUR EYE IS GOOD. You noticed that everything is in line, that the head and shoulders are in alignment with the hips, knees, and ankles. That's the way we are supposed to line up. That's what good posture is...when the joints line up, one with the other. Chances are that this person can move without pain, with ease and efficiency...and she can play any sports she wishes without difficulty.

DOES THIS PERSON'S POSTURE LOOK GOOD TO YOU?



IF IT DOES, THEN YOUR EYE HAS ADAPTED TO THE POSTURE OF MOST PEOPLE AROUND YOU. Everyone looks like this. What's wrong with her? There's very little that's right, actually. Nothing lines up here. The woman's head is forward, her belly is thrust forward by faulty pelvic alignment, her knees are bent and not in line with her hips and her shoulders are rounded and not in line with anything. Ouch!!! She's moving with difficulty and it's been awhile since she played anything, other than using the remote.

Let's talk about what alignment and good posture really means for you. Poor posture and joint alignment can cause you major pain and injuries. Postural imbalance is the cause of most back pain; it creates muscular imbalance –structural weaknesses that make it tougher to return to alignment . This leaves your body vulnerable to injury and pain. Picking up a 20 pound bag of groceries shouldn't throw your back out...but it does. And it does so because of the cumulative effect of muscle imbalances and resulting poor posture.

Movement patterns are changed by structural imbalances, by misalignment. Mom always told you to stand up straight. She was right. But, it was never just enough to pull your shoulders back.

Postural changes affect you and your friends in different ways and at different rates. Age, activity level, occupation, and weight all figure in the pace of change. The decline always begins with an alteration of normal movements, such as lifting, walking, sitting, throwing, and other daily activities. This change, or compensation, leads to problems in performing everyday activities.

In you are active, this decrease in performance could appear in the way you swing a golf club or throw a curve ball. For your less active friends and family members, the problem could be as simple as getting up out of a chair, *plopping* every time he or she sits down. Often these changes go unnoticed because the body avoids pain by using the wrong muscles. This works for a short time but if these muscle compensations continue, they eventually turn into a variety of disorders.

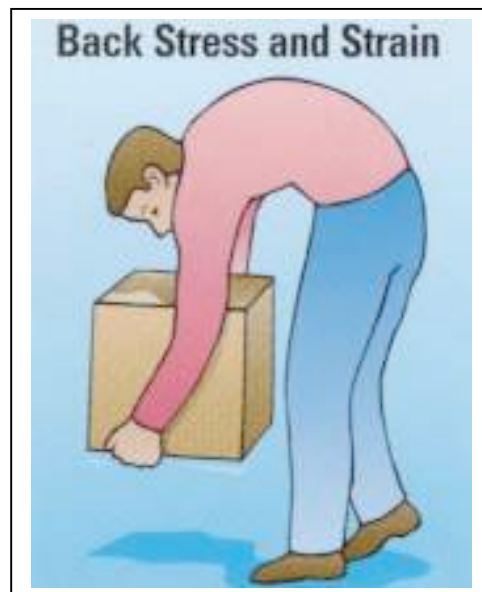
Your joints can't work properly if the muscles and levers (the bones) pull in the wrong direction. Joint surfaces are meant to be matched, to be compatible. When they aren't, pain occurs in response to overstressed tendons and bursa.

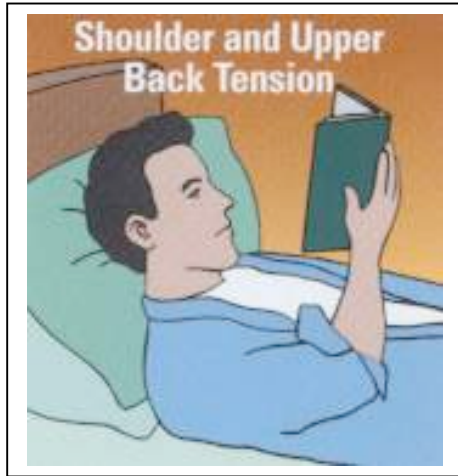
Misalignment can cause unequal loading of the intervertebral discs, laxity of ligaments, muscle pain and blood flow deficiencies. This is but a short list of conditions that occur because of these compensations.

These problems can often affect nerves, circulation, respiration, and digestion. The rearrangement and compression of internal organs begins, neural pathways controlling muscles are disrupted, or impinged and venous and arterial blood flows become compromised. Once the body's foundation is no longer in its most efficiently functioning position, nothing good happens.

The body's self-healing capacity can even help those who have had surgery or those injured in accidents. These individuals have had an external dysfunction thrown atop an existing dysfunction. These layers of dysfunction seriously impede the healing process. **Surgery rarely affects the underlying cause of a chronic symptom. It will often have the same outcome as therapy to alleviate that symptom.** Therefore, the symptom will return.

Over the next few issues, we'll review and discuss the six following conditions, each of which can be avoided with good posture and alignment... and a little common sense. We'll show you how you can re-align your body and get back to being really fit. My definition of fitness is the positive control of one's environment on a daily basis without pain. How's that for a beginning?





**GET YOUR BODY IN ALIGNMENT AND PAIN
WON'T BE YOUR PARTNER.**

Please feel free to mail your thoughts or questions to me in care of the magazine or email me directly at bill@bodyfixmethod.com .