



# posture power

Get back on the  
straight and narrow...



# Stand taller! Feel taller!

Posture Power is an individualised programme for the alleviation and prevention of postural pain. Posture is the balance of tone, strength and control of the deep muscles that act on your core to move and support you. A good balance of these aspects allows movement to be fluid and effortless, and resting positions to be stable and efficient.

## Inefficient posture can result in:

- ✓ Headaches.
- ✓ Neck pain and restriction of movement.
- ✓ Saggy tummy and butt.
- ✓ Low back pain and/or stiffness.
- ✓ Flat achy feet.
- ✓ Poor balance responses.
- ✓ Waking with pain or inability to get comfortable to sleep.
- ✓ Feeling of fatigue at the end of the day.

## What's the outcome?

- ✓ Improved posture and postural awareness.
- ✓ Improved breathing patterns.
- ✓ Improved energy and concentration.
- ✓ A reduction in work related pain and stress and improved coping strategies.
- ✓ Toned postural muscles.
- ✓ Elimination of postural pain and other symptoms.
- ✓ Improved self esteem and wellbeing.

The programme can be structured to meet your individual needs and costs may be recovered through medical insurance.