



Kettle Moraine Health Center

October 2012

Dear Richard,

Hope you had a great summer! Recently, I have been thinking a lot about posture and doing quite a few heights and weights for our patients' electronic health records. Patients say to me numerous times, "Oh, I must be shrinking, last I remember I was an inch taller! It must be because of getting older..." The truth is that posture has a lot to do with our height at any age. Of course, there are other factors that can influence height including: pain, injury, misalignments, structural problems and conditions such as arthritis.

Good Posture

Some areas that poor posture can affect negatively are:

- our health and wellness
- our energy level
- our attitude and emotional state
- our alignment and ability to maintain our adjustments
- our balance
- our stress and tension level

The good news is that there are quite a few things, within our control, that we can do to help improve our posture and even help prevent shrinking!



Here are a few tips:

- Be aware of your core and keep it "active" with a technique called "Tapping"
- Practice exercises to improve your balance
- Do not lock your knees
- Keep your ears over your shoulders
- Keep your shoulders down and slightly back
- Reduce muscular tightness with massage, stretching and proper breathing
- Imagine a string at the top of your head pulling you upward, then imagine that string moving through the middle of your spine down to the earth with an equal and opposite pull that creates a tiny space between each vertebra
- Use a "slant board" a few minutes each day to reduce the effects of gravity and its pressure on your spine
- Visit Doc on a regular basis for "maintenance" chiropractic check-ups

Those of you who have seen me for Exercise Rehab know these tips and those who have practiced them regularly have seen positive results. Those of you who have not yet seen me may have questions and want to learn more, [please join us on Monday Oct. 15th](#) for a "Stand Tall" class, details below.

- Claudia Sartorius, RN & Certified Exercise Rehabilitation Specialist

Stand Tall - A Lifetime of Great Posture Workshop

When: Monday Oct. 15th, 2012

Time: 6:30-7:30pm

Where: at KMHC office

Fee: \$ 5 per person

Please pre-register by calling 262-646-2123 or by stopping by the front desk.

Attend this one time class with Claudia, to learn how to maintain good posture in your daily life. Claudia will lead a discussion covering the tips from this months newsletter.

Thank You for Your Business,

Dr. Richard Venske & KMHC Staff
2725 Hillside Drive
Delafield, Wisconsin 53018
Kettle Moraine Health Center
262-646-2123

**15%
off**

**This month only: Lumbar Supports and
Cervical Pillows 15% off**

Promotional offer valid Oct. 1 - 31, 2012