

(teamchiro.com/workshops/)

## Posture Workshop

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!!!

1. When should a baby first be checked for subluxations?
2. What percentage of babies born traditionally has subluxations?  
What percentage of babies born at a birthing center has subluxations?
3. A healthy spine has 3 \_\_\_\_\_ degree curves.
4. What is it called when a person's back and rear end blend together and they have lost their spinal curvatures?
5. (True/False) It is good to do high impact exercise when you are out of alignment.
6. Fill in the answers for the best sleep posture:
  - a. Have a \_\_\_\_\_ mattress
  - b. Use 2-3 pillows under your \_\_\_\_\_
  - c. Sleep on your: (circle the correct answer)
    - i. Back / Side / Stomach
    - ii. (True/False) Side sleeping is neutral. You need to sleep with 1 pillow between your knees.
7. What is the proper way to pick up something?
8. What are the best core exercises to replace sit-ups?

BONUS: Why should you place the head rest of your car seat to be above your head?

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