

(teamchiro.com/workshop/)

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. A healthy spine has 3 _____ degree curves.
3. What is it called when a person's back and rear end blend together and they have lost their spinal curvatures?
4. (True/False) It is good to do high impact exercise when you are out of alignment.
5. 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

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

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