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## Winter Health Update 2011

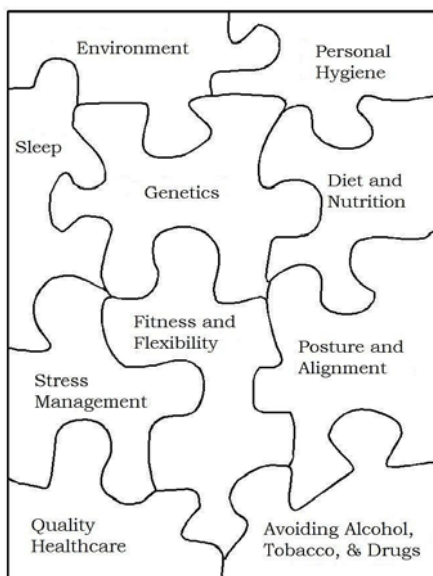
### What's New:

1. New YouTube Video on our Website
2. Pacific Sun Letter to the Editor Published
3. Avoiding Serious Deformity
4. New Research on the Power of Posture



We recently posted our **third** YouTube video onto our website, titled *Age... is only a number*. The **first** video we created is all about our practice (2.23 minutes), the **second** video shows foam roller stretching of the spine (5.16 minutes), and the latest video demonstrates the fitness goals I set for myself at age fifty (4.50 minutes). Those goals included performing fifty push-ups, fifteen pull-ups, 225 lbs. bench press, fifteen inverted shoulder presses, a ten second L-Sit position hold, and a 100 yard uphill sprint. It's easy to give fitness advice; this video shows what's possible when you follow that advice.

The video also touches on the "picture of health" which describes exercise and fitness as one piece of a puzzle where all the pieces need to fit together to create total health. You can find links to our YouTube videos at the bottom of our website homepage: [www.PosturePress.com](http://www.PosturePress.com).



Picture of Health

### Pacific Sun Letter to the Editor Published



The *Pacific Sun* is a popular publication in Marin County where I happen to live. While sitting at a local diner last month I came across a response in the *Letters* section that stated, among other broad-based remarks, that "chiropractic is a neuromuscular scam." After taking a deep breath and letting that one go, a few weeks later another defamatory letter followed with more wide scoped chiropractic bashing and also unequivocal support for all things medical.

While it is true that every large group has its troubled members, writing off an entire profession and every part of it, in order to give unquestioned allegiance to another group, is troublesome to me. So I responded as follows to the *Pacific Sun*, which did publish my letter:

"It is interesting that the *Pacific Sun* editors choose to publish a letter by reader Karl Hittelman ["Then Do Chiropractors Study Innate-Intelligence Design?" Dec. 24] that opined medicine is all science-based and chiropractic is dogma and faith-based. There is inaccuracy in both statements. Most medical interventions are in fact not yet based on results from "rigorously controlled conditions" otherwise known as double-blind randomized clinical trials. That is why there is variability in aspects of medical practice from region to region, and from provider to provider.

Regarding chiropractic, the presumptively correct Chronic Pain Medical Treatment Guidelines as adopted by the California Workers' Compensation system, and consistent with the American College of Occupational and Environmental Medicine guidelines for acute musculoskeletal injuries, are some of the most researched, peer-reviewed, and widely adopted guidelines available. These established guidelines *recommend* chiropractic manipulation for certain musculoskeletal conditions.

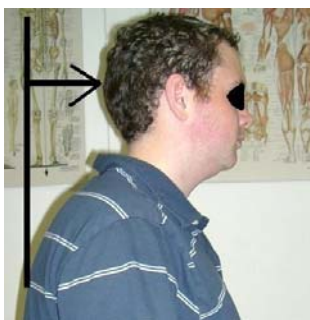
Anyone who is pro-medicine/anti-chiropractic, or anti-medicine/pro-chiropractic, will likely not have a balanced or credible viewpoint. I am neither. I am a doctor of chiropractic working alongside my doctor of medicine and doctor of chiropractic colleagues for 25 years, accepting that health care practice is an art *and* a science. Human beings are a physical, chemical, mechanical, mental, emotional and spiritual complex that cannot possibly be served by any *one* health care discipline. The good medical and chiropractic providers know this well.—*Gregg J. Carb, Doctor of Chiropractic*

## Avoiding Serious Deformity

There is a societal epidemic in progress that is not getting the attention it deserves. That epidemic is spinal deformity caused by poor posture. In twenty-five years of practice I have never seen so many teens and young adults with such significant structural alterations of their normal spinal contours. I ask myself “what will they look like in another ten or twenty year’s time?”

I believe that the acceleration in the occurrence of these cases has to do with the PC (personal computer). If you think about it you’ll recall the PC became commonplace in the late 1980’s. That means the generation of people now in their 20’s is the first to have exposure to PC’s for their entire lifetime. And it shows. Spinal deformity in the 20-something age group is becoming as prevalent today as computers and hand-held devices—deformity that used to be seen only in much older age groups.

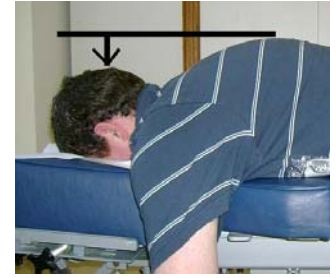
The most common developmental deformity related to poor posture habits is thoracic spine hyperkyphosis and forward head carriage with loss of the normal cervical spine lordosis. That means increased roundedness and rigidity of the mid and upper back, head jutted forward, and straightening of the normal spinal arch in the neck.



Here we see that deformity where the distance between the upper back and the back of the head (which should be along the same black line) is markedly increased. In order for that to happen, the spine *has to be* bent out of its normal shape, that is, deformed. It is important to

realize that at this point the problem is not just “poor posture”—the structure of the spine has been changed. Lying face down with this deformity does not change the distance from the upper back to the back of the head due to the roundedness and rigidity of the spine. In fact, the

rigidity of the upper rib-cage helps force the head and neck forward and this will not be resolved until the muscles, joints, and connective tissues of the upper back are properly treated to increase inter-segmental flexibility.



Treatment consists of chiropractic adjustment to the spinal joints, Active Release Techniques soft tissue treatment to the muscles and connective tissues, foam roller stretching, and, of course, improved posture awareness to stop slumping as much as possible and prevent adding to the problem.



If the poor posture habits that are the underlying cause of this progressive deformity continue unchecked, as will happen for many who go unrecognized, there *will be* early and significant degenerative disc and joint disease of the spine, stiffness and loss of motion, arthritic pain, and eventual neurological implications as well—unnecessary consequences of a preventable condition.

## New Research on the Power of Posture



### Powerful Postures Versus Powerful Roles

#### Which Is the Proximate Correlate of Thought and Behavior?

Li Huang, Adam D. Galinsky, Deborah H Gruenfeld and Lucia E. Guillory

New research from the Kellogg School of Management at Northwestern University shows that posture plays an important role in determining whether people act as though they are really in charge. The research finds that “posture expansiveness,” or positioning oneself in a way that opens up the body and takes up space, activates a sense of power that produces behavioral changes in a person. When individuals were placed in high- or low-power roles while adopting expansive (i.e. open) or constricted (i.e. closed) body postures, only posture activated power-related behaviors. According to author Galinsky, the role of powerful postures is important for those seeking new jobs in 2011. “With 1.9 million new jobs on the horizon this year, our research suggests that your posture may be quite literally the way to put your best foot forward in a job interview.”

★ HAPPY CHINESE NEW YEAR ★