



OLD PERSON POSTURE?

Posture & Aging

The advanced report on why posture declines with age — and how to actually reverse it.

You already saw the basics. Here's what's underneath: why the hunch creeps in, and the real difference between hiding it and fixing it.

1 Why posture deteriorates with age (and how to stop it)

Postural decline isn't really about aging — it's about decades of unaddressed compensation. Small imbalances from old injuries, desk work, and one-sided habits accumulate year over year until the body settles into a new, worse baseline. The good news: because it's accumulated, it can also be un-accumulated.

2 The “forward head” epidemic and its health consequences

For every inch the head shifts forward of the shoulders, the effective load on the neck and upper back multiplies several times over. Beyond the visible hunch, this pattern is linked to more frequent tension headaches, reduced lung capacity, and added strain on the shoulders and mid-back.

3 Daily exercises to strengthen your postural muscles

Posture holds better when the muscles between the shoulder blades and along the upper back are strong enough to do the holding. Simple daily work — rows, wall angels, and chin tucks — targets exactly those muscles, and consistency matters far more than intensity here.

4 How corrective chiropractic reverses years of spinal decline

Structural correction targets the underlying curve of the spine itself, not just the muscles around it — using a specific, measured sequence of adjustments over time to gradually restore alignment, rather than a single adjustment aimed at momentary relief.

5 The difference between cosmetic posture fixes and structural correction

A posture brace or a reminder to “sit up straight” can mask the appearance of poor posture for a few minutes. Structural correction addresses the actual position of the spine and skull, which is why the change holds up even when you're not thinking about it.

DR. STROTHER'S PROTOCOL

This week's posture check

1. Take a side-view photo against a wall, relaxed posture
2. Note where your ear falls relative to your shoulder
3. Start a daily 2-minute wall angel + chin tuck routine

YOUR ADVANCED REPORT OFFER

See exactly where your posture stands, structurally.

Redeem your promo code for a New Patient Consultation — including a real look at what's driving your posture, not just how it looks.

POSTURE19

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