

POSTURE SELF-TEST

3 Signs Your Body Is Compensating



1. You Feel Tight in All the Wrong Places

Stand tall and take a breath. If your shoulders or neck feel tight, it may indicate compensation

2. One Side Works Harder Than the Other

Try balancing on each leg. If they feel very different, it could be a sign



3. You Can't Find "Neutral"

Lie on your back with knees bent. If your back or neck arches, your body may be out of alignment

