



WELLNESS

&

Chiropractic



How healthy is your spine?

01

How often do you experience back or neck pain?

- A. Never
- B. Occasionally (1-2 times a month)
- C. Frequently (once a week)
- D. Daily



02

Do you experience headaches, tingling or numbness?

- A. Never
- B. Occasionally
- C. Frequently
- D. Daily

03

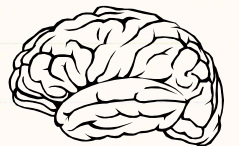
How often do you stretch or do spinal mobility exercises?

- A. Never
- B. A few times a week
- C. Rarely
- D. Never

04

How long do you typically sit without taking a break?

- A. Less than 30 minutes
- B. 30-60 minutes
- C. 1-2 hours
- D. More than 2 hours



05

How would you describe your posture when sitting?

- A. Excellent
- B. Decent
- C. Poor
- D. Terrible



Have you had a spinal checkup with a chiropractor in the last year?

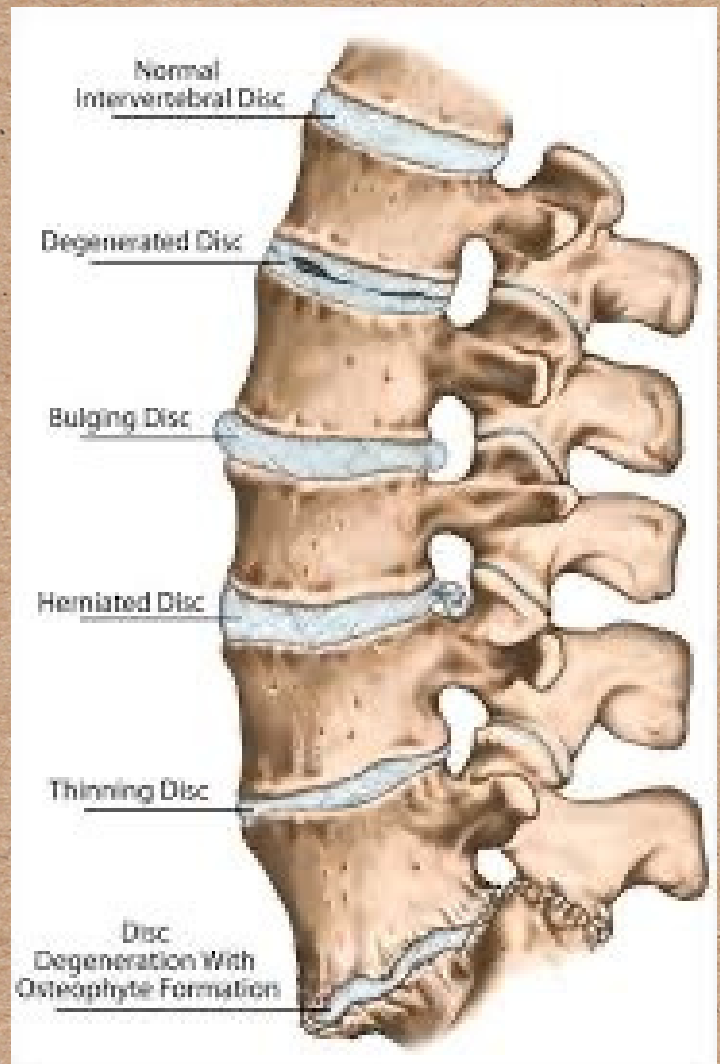
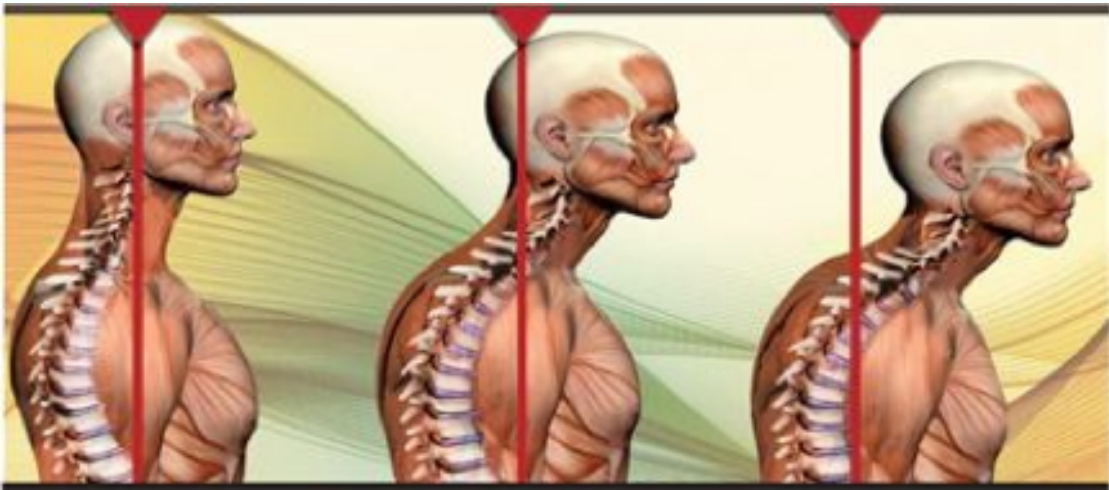
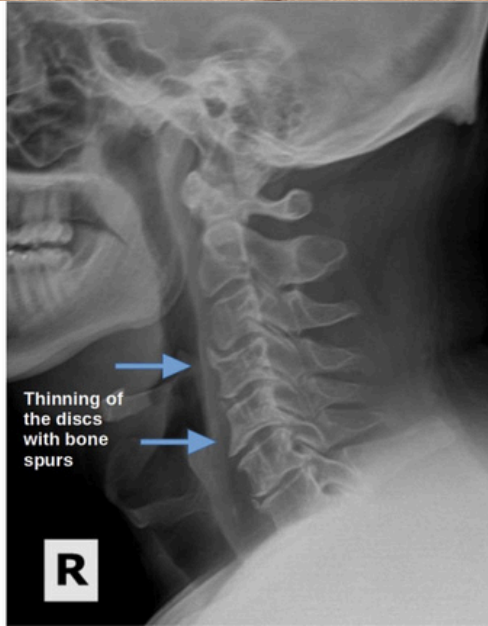
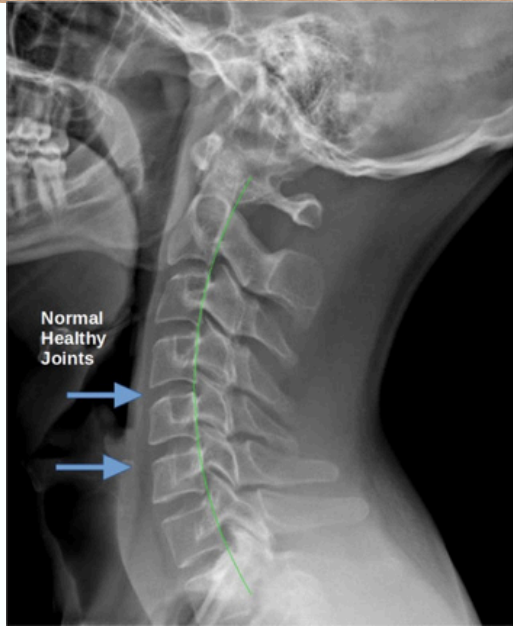
- A. Yes, within the last 6 months
- B. Yes but it's been over a year
- C. No, but I have considered
- D. No, I've never had one



How is

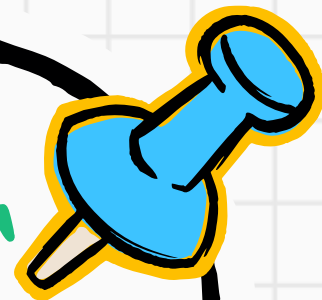
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YOUR SPINE?





Spinal Health CHALLENGE



Morning

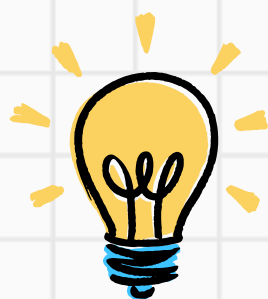
- Stretch for 5 minutes (spinal twists, cat cows, neck rolls)
- Check Posture when brushing teeth or getting dressed



Afternoon

Sit with feet flat on the floor, shoulders back

- Take movement breaks every 30 minutes
- Stay hydrated-spinal discs need water



Evening

- Use a supportive pillow and mattress
- Avoid looking down at your phone for long periods of time
- Do a gentle spinal stretch before bed



CHALLENGE!

1. Take a posture picture of yourself
2. Dedicate 7 days of working on your posture (morning, afternoon and evening)
3. Hydrate
4. Take a follow up posture picture
5. Take note of the changes that you see

Book your spinal screening and first
chiropractic adjustment with Dr. Kierra at
sanname.org

