

Better Posture?

On-line help for you

Posture-Check by Osteopath Robin Lansman D.O.



Osteopathy &
Sports Injury Clinic

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Ever wanted to check your posture?

- Concerned about your back?
- Worried how stiff or painful you get?
- Problems sitting at your Desk, PC, Laptop or Car?
- You don't know how to help yourself?

A simple DIY test—sit, stand, sit

Whether you have longstanding back pain with associated stiffness, lead a sedentary life or take exercise that places uneven demands on the body this test will demonstrate how mechanically balanced you are!

- Can you get out of a chair without using your arms to push yourself up?
- Then sit down again controlling your descent so you "land" gently?

It sounds easy until you try!

Help is now at hand

Too many of us, at home or work, sit incorrectly working on our laptops / PC's. We even sit badly driving our cars!

Body Back-Up can now provide you with an easy on line solution with our :



Posture-Check service: [link on our website home page](#)

We can check your posture on-line

- Email two clear photographs
- Show us your sitting positions at your PC or Laptop
- We can also check out your sitting position in your vehicle.



The photographs must be no bigger than 1Mb showing a:

- Side view
- Oblique view

Pictures and your contact details can be submitted to:
practice@bodybackup.co.uk or

What help do you receive from us?

We will email you a short report and photograph advising you:

- If your desk layout is correct
- If your work chair or car seat is set-up correctly and how to adjust the position
- If your posture position is correct
- We will suggest ways to alter your seating or workstation to suit you better!
- We return your picture marked with arrows to indicate changes you might want to make.



Free benefit to our patients

Our Posture-Check service is available free to all registered patients as part of their consultation.

You can book a Posture-Check without treatment . . .

Call 01628 624544 or 0208 969 0247

What is an Osteopath?

Osteopathy recognises that much of the pain and disability we suffer stems from abnormalities in our body's structure and function.

- Osteopaths diagnose and treat problems with muscles, ligaments, nerves and joints to help the body's natural healing ability
- Osteopaths treat many conditions related to the workplace and can give remedial advice and preventative exercise.
- Osteopaths consider the whole person, examining posture and the strength and flexibility of muscles, ligaments and tendons.



Disclaimer - this service is not a substitute for medical advice. It is not a medical evaluation, and if needed you may require further help beyond the suggestions given with this service.

**To find out more about our
Posture-Check Service
visit our website - and go to our Home Page**

www.bodybackup.co.uk

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**For appointments call 01628 624544 or 020 8969 0247
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