

Postural Syndrome

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Situation: *Postural Syndrome* refers to a condition where pain is experienced in the neck, what medical professionals call the *cervical spine*. This discomfort is only felt when activities place sustained stress on otherwise normal tissue.

Causes: Poor posture for a prolonged period of time results in continuous stretching force on the joints of your neck and back. This can occur when standing, sitting, or lying down.

Symptoms: Pain from *postural syndrome* typically occurs when poor posture is maintained for an extended period. Pain is usually felt as a dull ache in the neck and upper back region and can occasionally be accompanied by soreness in the lower back.

Treatment: In most cases, correcting posture eliminates *postural syndrome* pain. It is vital that proper posture be maintained to prevent recurrence. Specific chiropractic adjustments along with stretching and strengthening exercises can help improve this condition. Your chiropractor will explore the best treatment options for you. These may include diet, specific modalities and cooperative care with other health care professionals.