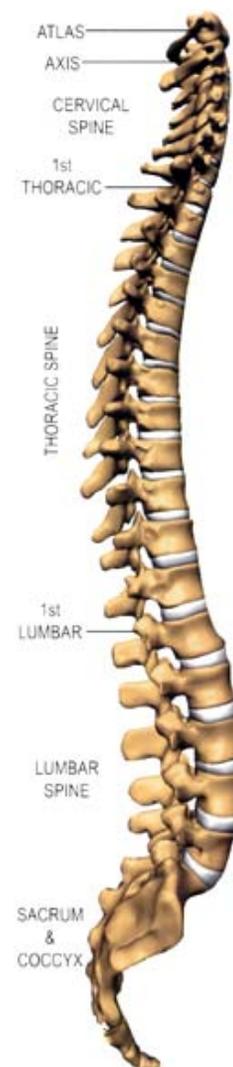


How To Check Your Spinal Alignment

Instructions: Barefoot, stand in front of a mirror. Close your eyes. Take a few marching steps in place while nodding your head up and down. Stop. When you feel like you have your balance and are standing straight, open your eyes and look at yourself in the mirror.

- Are your ears level?
- Are your eyes level?
- Is one side of your face more prominent than the other?
- Is your head tilted to one side?
- Is your head rotated to one side?
- Are your shoulders level?
- Do your arms hang equally on both sides?
- Is your torso tilted to one side?
- Is your torso rotated to one side?
- Are your hips level?
- Are your hips tilted to one side?
- Are your hips rotated to one side?
- Are your knees level?
- Does one foot flare out more than the other?
- Are the heels of your shoes wearing evenly, and at the same angle? *(NOTE: must check this with hard-soled shoes)*



You may be out of alignment, and need to be checked by a chiropractor if any of the above are true.

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