Fix Your Posture, Eliminate Your Pain (All from home)

*Portland Posture Clinic Can Facilitate an
ENTIRELY ONLINE Virtual Process*

PORTLAND, OREGON, USA, April 27,
2020 /EINPresswire.com/ -- What is
posture? Your posture is the alignment
of your load joints (ankles, knees, hips,
shoulders). When these joints fall out of
vertical and horizontal alignment, we
experience muscular imbalances,
leading to compensations,
inflammation, chronic pain, and
eventually injury (low back, hips,
shoulders, neck, ankles, neuropathy,
balance, headache, and general
discomfort).

With the appropriate corrective exercise
sequence the body can learn to find
equilibrium in its intended, functional
posture. When the right exercises are
done daily and sequenced properly, we
can eliminate pain in a drug-free,
sustainable manner that leads to
improved function.

Results after one hour-long session.

Using the Egoscue Method and ePete
Software the Portland Posture Clinic can facilitate an ENTIRELY ONLINE virtual process, including
a posture assessment, consultation, and personalized exercise menu with detailed video and
picture instructions.

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*Sean O'Neill, Posture
Alignment Specialist*

At PortlandPostureClinic.com you can begin the process by
submitting your posture pictures and establishing email
correspondence. Take advantage of social distancing and
your time at home by improving your physical well-being.

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