



MONTHY HEALTHLETTER

By Drs. DeSilva and Bilan

Excel Physicians Medical Corporation, 29809 Santa Margarita Parkway, Suite 300 Rancho Santa Margarita, CA 92688
www.excelmd.info (949) 709-5100

Gravity is here to stay. The weight of our head and torso should be borne squarely on our spine. Bad posture can cause muscles and joints to fatigue which in turn leads to medical problems.

Computer and cell phones have created a host of medical problems related to bad posture.



Consider a person who sits at their computer all day, only to get home that evening and then sit again before the television set. And how about that young teen or adult with the neck bent downwards at an awkward angle, immersed in their cell phone, often sitting in this posture for hours.

Bad posture can create neck pain, back pain and headaches, as if often seen in our clinic. These headaches are often confused as migraines, as the intensity can seem as bad, but nonetheless are actually muscle tension headaches caused by fatigued neck and shoulder muscles.

Sitting or standing upright with one's chin in line with your breastbone can improve your posture tremendously. Placing a little red sticky (from Staples, like the one used for prices at grocery stores) on the corner of your cell phone, rearview mirror, microwave, dressing mirror, computer monitor etc. can appeal to your subconscious to straighten your posture, even though your conscious mind is focused elsewhere.

INSIDE THIS ISSUE

A Word on Posture...

To your Health and Happiness.
The Excel Team



So while teachers are too busy in schools to teach posture, us parents should be responsible for teaching posture to our younger generation and lead by example.

If you have a headache that will not go away or recently worsened, make sure to see your doctor for a prompt evaluation.

Thought for the day: Posture is not part time.

