



## Poor Health & How Chiropractic Can Help -Posture & Health-

### “Impact of Positive Sagittal Balance in Adult Spinal Deformity”

Glassman, Steven MD, Bridwell, Keith MD, Dikmar, John R MD, *Spine*, 30 (18), Sept 18, 2005 pp. 2024-2029.

#### **Objective:**

To examine patients with spinal deformity and positive sagittal balance and to determine if there are any factors within the groups that would differentially predict the clinical outcomes

#### **Method:**

752 adult patients with spinal deformity were studied and the patients' systemic health status were measured using full spine x-rays. X-ray measurements were marked from center of C7 by plumbline analysis.

#### **Results & Conclusions:**

- The severity of symptoms increased linearly with the increase in forward head position.
- All measures of health status showed significantly poorer scores as C7 plumb line deviation increased.
- Even minor forward head/body position was detrimental to a patient's overall health.

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