



# Posture Assessment

A **PostureZone** posture assessment visit is a comprehensive session designed to evaluate an individual's posture, identify misalignments, and provide a detailed plan to improve overall posture and well-being. Here is what you can expect during a posture assessment visit:

## First Visit

### Diagnostic Photos

The first phase of your posture assessment will involve taking a short series of photos that will be used to capture and analyze your posture more precisely. This technology creates a baseline and provides a visual representation of your posture, establishing your baseline, and highlighting areas that may need improvement.

## Second Visit

Dr. Smith will discuss the results of your PostureZone evaluation. This conversation is crucial to tailor the assessment to your specific needs as everyone is different and requires a specific plan. Topics covered may include:

- **Daily Activities:** Understanding your routine, including work and leisure activities.
- **Work Ergonomics:** Evaluating how your work environment may affect your posture.
- **Exercise Habits:** Review your physical activity levels and types of exercises practiced.
- **Sleep Positions:** Discussing how your sleep posture can impact your overall posture.
- **Alignment Check:** Attention will be paid to the alignment of the head, shoulders, spine, pelvis, and feet to identify any imbalances.

### Report of Findings

Following the assessment, Dr. Smith will talk with you about the findings. This includes:

#### Review of Diagnostic Photos

- **Observations:** Discuss any noticeable posture deviations and how they may relate to your symptoms.
- **Risk Factors:** Identifying behaviors or habits that contribute to poor posture.

### Personalized Treatment Plan

Based on the assessment, a personalized treatment plan will be developed, which may

include:

- **Corrective Exercises:** Prescribing stretches and strengthening routines to address specific issues.
- **Ergonomic Advice:** Recommending adjustments to your workstation, sleep positions, or daily activities to support better posture.
- **Lifestyle Modifications:** Suggesting changes in habits to encourage and maintain improved posture.
- **Chiropractic Adjustments:** If necessary, to address any spinal misalignments, pain muscle spasms, and restriction of movements.

## Third Visit / Follow-Up and Progress Tracking

Your posture journey does not end with the initial visit. It's important to monitor your progress and make necessary adjustments:

- **3 Month Follow-Up:** Scheduled to evaluate improvements and make any necessary changes to your treatment plan.
- **Adjust Treatment:** Modifying exercises or treatments based on your progress and feedback.

By attending a posture assessment visit, you take an important step towards understanding and improving your posture, which can lead to reduced pain, a lower risk of injury, and an enhanced quality of life. Specific evaluation of your posture to identify imbalances and deviations from optimal posture is essential. With 36 years of clinical experience, Smith Chiropractic can help you stay strong into the future.



# Pricing

**PostureZone** posture assessment visits will follow a three-step process.

1. **Diagnostic Photographs and Assessment - \$50 (includes both visits)**
  - Existing patients at Smith Chiropractic can book this visit alongside a regular chiropractic adjustment, allowing for needed “extra time.”
2. **Assessment / Second Visit**
  - These visits will be scheduled on Tuesday or Thursday evenings after 6 PM.
3. **Follow-Up and Progress Tracking - \$50**
  - Includes a new set of PostureZone photos and metric analysis.

Please be aware that posture assessment visits are classified as wellness care and are not eligible for billing or coverage under insurance plans.

