

Preventing the Hunch

In today's desk and sitting-driven world, we often find ourselves hunched over with poor back posture. Whether it's from hunching over our cell phones, computers, reading a book, or poor posture in general, it all has an impact on the health of our back. When we don't take care of our back and allow poor posture to continue, we compromise our health and can find ourselves suffering in the long term – meaning we are inviting back pain into our lives, among other symptoms!

As we age, our spine and back health begin to decrease naturally. This means our back may start to hunch. In a recent study, researchers wanted to see the connection between hunchback and age. The research focused on cases of adults 18 years or more was analyzed. They found that a hunch of 40 degrees (mid-back curve) was apparent in 65% of cases. In adults under 40 years old, the degree of mid-back curve was more minor compared to that of adults over 60 years old. Adults over the age of 60 had increasingly higher degrees of mid-back curve. This emphasizes the role that aging can play in the health of our spine.

While we can't necessarily control aging, we must take all the steps necessary to ensure that our health remains as optimal as possible as we age. Our body is made of parts and, just like other machines made of parts, will break down if left to its own devices. Chiropractic care is a proactive form of healthcare that seeks to improve the function of the spine and nervous system regardless of age!



Both our car and our body are made of parts and will break down when left to their own devices. However, most of us take better care of our car than we do our bodies!

Zappalá, M., Lightbourne, S., & Heneghan, N. R. (2021). The relationship between thoracic kyphosis and age, and normative values across age groups: a systematic review of healthy adults. *Journal of Orthopaedic Surgery and Research*, 16(1). The relationship between thoracic kyphosis and age, and normative values across age groups: a systematic review of healthy adults



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