

Posture Controls ALL Systems

Lennon J., Shealy C., Cady R., Matta W., Cox R., Simpson W. Postural and Respiratory Modulation of Autonomic Function, Pain, and Health. AJPM 1994; 4:36-39.

Highlights

"Despite considerable evidence that posture affects physiology and function, the significant influence of posture on health is not addressed by most physicians."

"Observations of the striking influence of postural mechanics on function and symptomatology have led to our hypothesis that posture affects and moderates every physiologic function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture."

"The most significant influences of posture are upon respiration, oxygenation, and sympathetic function. Ultimately, it appears that homeostasis and autonomic regulation are intimately connected with posture."

"For many years physiologists have shown that the position of the head on the neck is vital because it governs all postural reflexes. If the head is misaligned, other parts of the body move in and out of line to maintain balance and thus energy is expended to counteract the effects of gravity."

"Korr concluded that long-term hyperactivity of the sympathetic system is harmful both to the body as a whole and specifically to individual organs affected by segmental "sympathicotonia", induced by spinal and paraspinal musculoskeletal dysfunction. Areas of focal sympathetic hyperactivity are correlated with musculoskeletal strain, and such areas can be produced

experimentally by postural insults such as placing three-eighths inch lift under one foot.”

"Reich included posture and respiration in his concepts of health. For instance, he believed that tension led to decreased blood flow and that this decrease in tissue oxygenation was a major factor in disease, including cancer.”

"At the Shealy Institute, clinicians have consistently observed striking postural abnormalities in virtually every patient with back pain, headache, or depression.”

"Postural abnormalities seem to contribute some degree of autonomic, myotonic, and sensory facilitation in most patients with headache; even modest improvements in posture often assist patients in achieving greater comfort.”

"Optimal posture and its accompanying improved respiration/oxygenation offer potentially powerful influences upon autonomic nervous system functions.”

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