

Self-Esteem Effects of Good Posture through Chiropractic Care and Postural Exercise

Chiropractic adjustments help the body create better posture by reducing nervous system stress, increasing mobility, and allowing greater balance and spatial awareness. Improved posture proves to have lasting effects on many aspects of function beyond just musculoskeletal health. Science links improved posture to better breathing, sleep, hormone control, and brain health.

Parents often ask healthcare providers about the effects of bad posture and slouching on their children's health. A study published in 2019 explained the effects of postural health on fourth grade children. One of the primary objectives of the study meant to find out if bad posture influenced the self-esteem of fourth graders.



The study involved 108 students. Facilitators assigned each student a randomized variable of assuming either a 'high power' pose or a 'low power' pose. Each student held the posture for one minute. The children were then evaluated using a standard self-esteem assessment.

High power posing consists of the non-verbal expression of power through expansive, open body postures. This stance becomes known as power posing. High power posing links to hormonal and behavioral changes. High power posing affects psychological processes, including feelings of empowerment and other emotional benefits. Students in high power posing showed a higher self-esteem, better mood, and more positive feelings regarding the student-teacher relationship. The findings show consistency with postural intervention effects in children and self-esteem elevation. This study revealed that good posture produced a large-scale effect on school related self-esteem.

The study involved asymptomatic fourth grade children. Improving posture for just one minute resulted in meaningful improvements in mood, emotions and self-esteem. The findings proved consistent with those seen in patients of all ages in Chiropractic clinics all over the world. Improvement of postural distortions through Chiropractic adjustments and postural exercises produce a variety of benefits for patients. This study supports Chiropractic care as a primary source of proactive health care for adults and children. Evidence based research continues to provide a litany of benefits experienced by people who proactively care for their spine, posture, and nervous system. Improving postural distortions represent one of many ways in which overall health improves in patients not experiencing immediate suffering from pain or musculoskeletal complaints.

The outcome traces back to the old adage which speaks to an ounce of prevention being worth more than a pound of cure. Providing the spine and nervous system with regular maintenance radiates improved health and vitality throughout the entire health structure of the body.