

# What's Your Posture Got To Do With Your Pain?

## Everything.



### What's Causing Your Pain Is Probably Not What You've Been Told

The cause of pain and stiffness is a mystery to most, but it doesn't have to be. When you trace joint and muscle pain down to its deepest root cause, you'll find the simple and overlooked answer is that the body is crooked somewhere.

### How Did It All Start?

The initial story is different for everyone. We can get crooked and hunched over from injury, mis-use, or no-use. Repetitive movements, twisting more one way than the other at work or during our favorite activities, and sitting all day might be to blame. Our bodies need to move in all directions every day to maintain balance and strength.



Just like car tires that are out of alignment, the joint surfaces of a crooked body wear unevenly, get inflamed, and then start to hurt. When we don't move enough, we start to look like the chair we sit in, and a C-shaped spine becomes a painful spine in no time. If the spine loses its S-curve, the disks are more prone to bulge and herniate. Stuck in pain, you end up moving less and less, and the pain gets worse and worse.

### How Do You Fix It?

Posture can't be fixed by "sitting up straighter." Why not? Pulling your shoulders back won't straighten your knees or level out your hips and shoulders. Posture devices that 'remind' you to sit up won't work for this same reason. Your shoulder position is only a small piece of the puzzle. Cinching or bracing yourself straight isn't going to work either, since you're not actually retraining the muscles. The only real way out of pain is to get your posture muscles working properly. Muscle tension left-to-right and front-to-back determines your standing posture. Getting your muscles back in balance will correct your posture for good.

### The PTX Intelligence System

The PTX Intelligence system carefully selects your exercises from millions of possibilities to assign a personalized sequence of exercises that will retrain your muscles and correct your particular posture issues. You'll be given a step by step plan for how to get your joints straight and your muscles functioning properly again. Special balancing exercises done against the wall, in a chair, or on the floor use 90 degree angles and gravity to realign the joints. They're also simple and easy to perform at home. Proprietary PTX sequencing changes your body from pain-ful to pain-free in the fastest way possible. Spending a little time each day doing the right exercises for your unique situation is a lasting and permanent answer to muscle and joint pain.