

BAD POSTURES

THAT CAUSE SPINE CURVATURE DISORDERS



LOREM IPSUM
Dolor sit amet consectetur
lorem ipsum sed



TOO HEAVY
Dolor sit amet consectetur
lorem ipsum sed



BAD POSITIONS FOR WALK
Dolor sit amet consectetur
lorem ipsum sed



BAD POSITIONS FOR SITTING
Dolor sit amet consectetur
lorem ipsum sed



LIE ON THE SMARTPHONE
Dolor sit amet consectetur
lorem ipsum sed



PLAY SMARTPHONE
Dolor sit amet consectetur
lorem ipsum sed

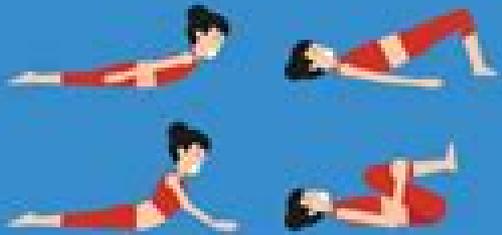


CROSS ONE'S ARM
Dolor sit amet consectetur
lorem ipsum sed

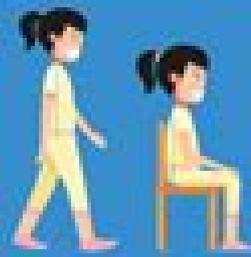


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REHABILITATION EXERCISES



LOREM IPSUM
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lorem ipsum sed



GOOD POSITIONS
Dolor sit amet consectetur
lorem ipsum sed



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The Fundamental System Bad Feet Bad Spine

R. Ashton



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