



HOW DOES POSTURE IMPACT YOU?

- Alters the length-tension relationship of muscles
- Alters the distribution of load throughout joints and soft-tissue structures
- A low-grade imbalance over time can lead to:
 - Back Pain
 - Neck Pain
 - Reduced Flexibility and Mobility



**THE FRIED CENTER
AT STUDENT HEALTH AND
WELLNESS**



**SCHEDULE A VISIT
WITH US ON THE
HEALTHY HOOS
PORTAL**