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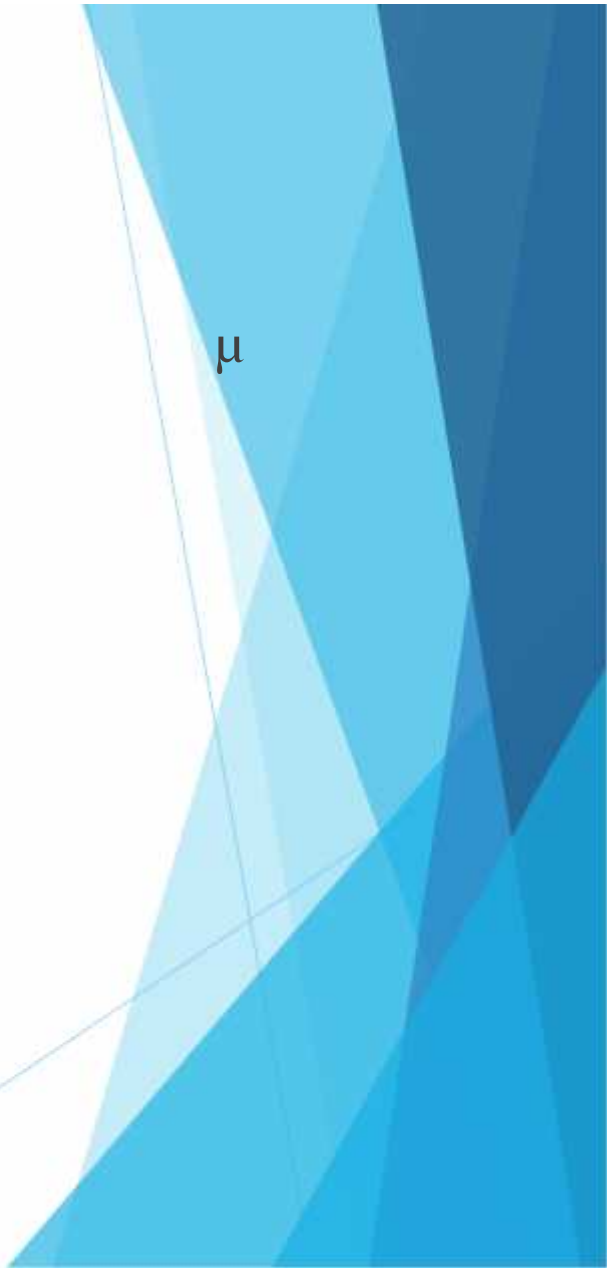
ΠΑΣΕΝΙΔΟΥ ΜΑΡΙΑ (Physiotherapist, MSc)

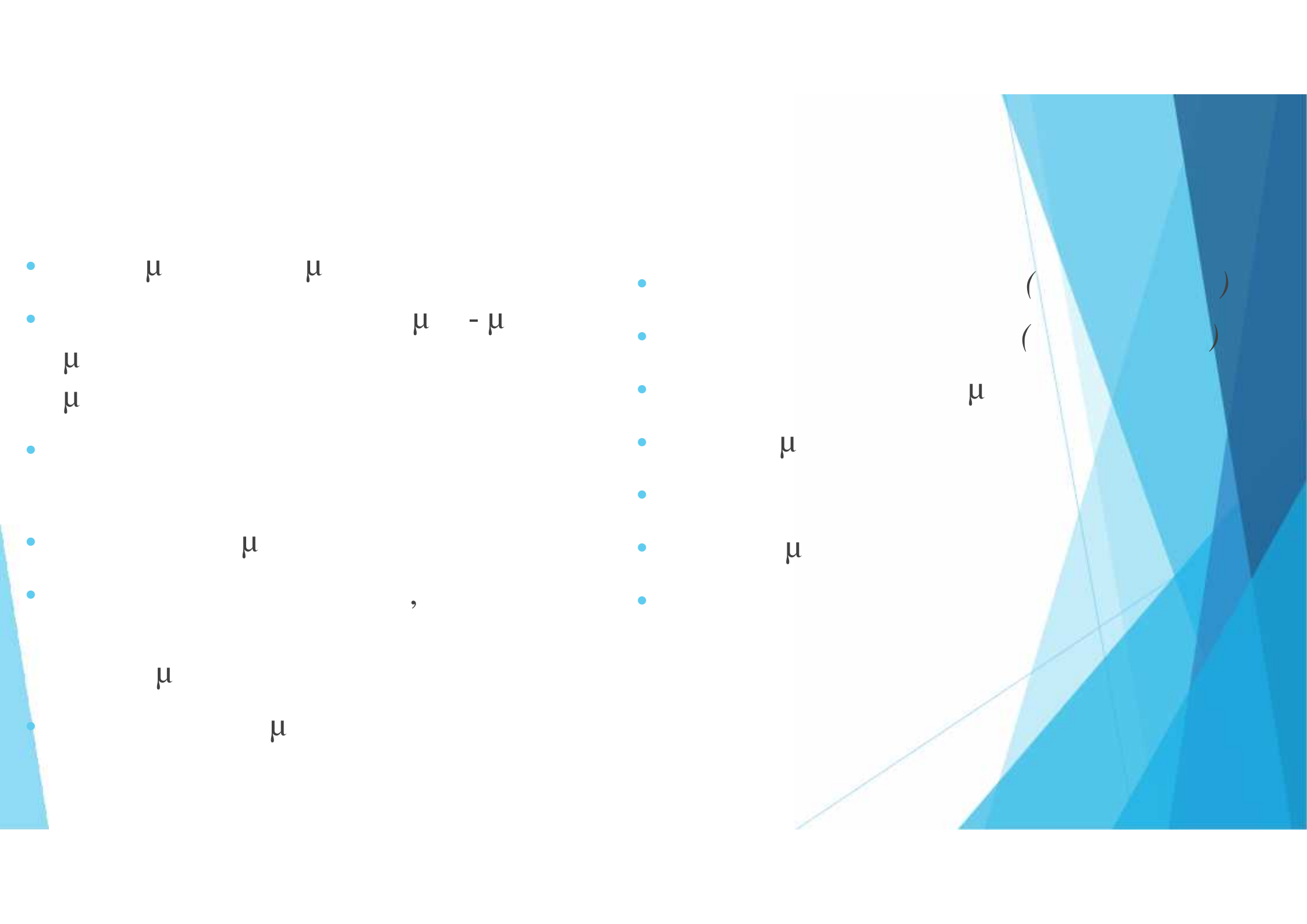


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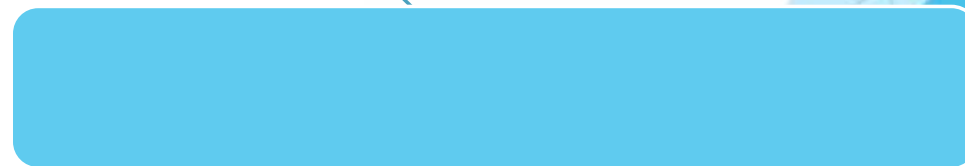


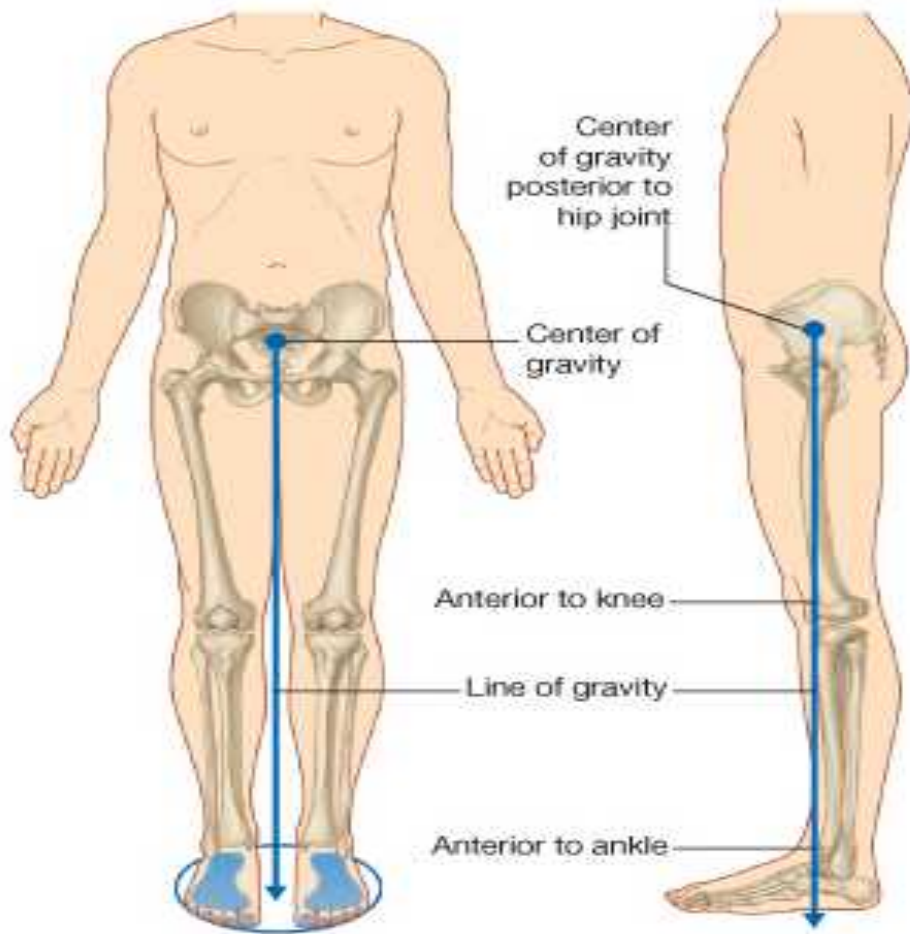
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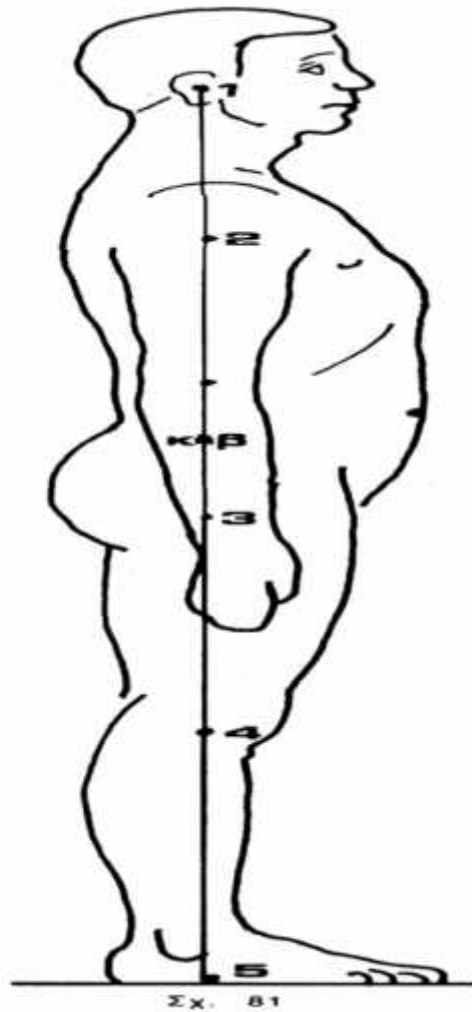


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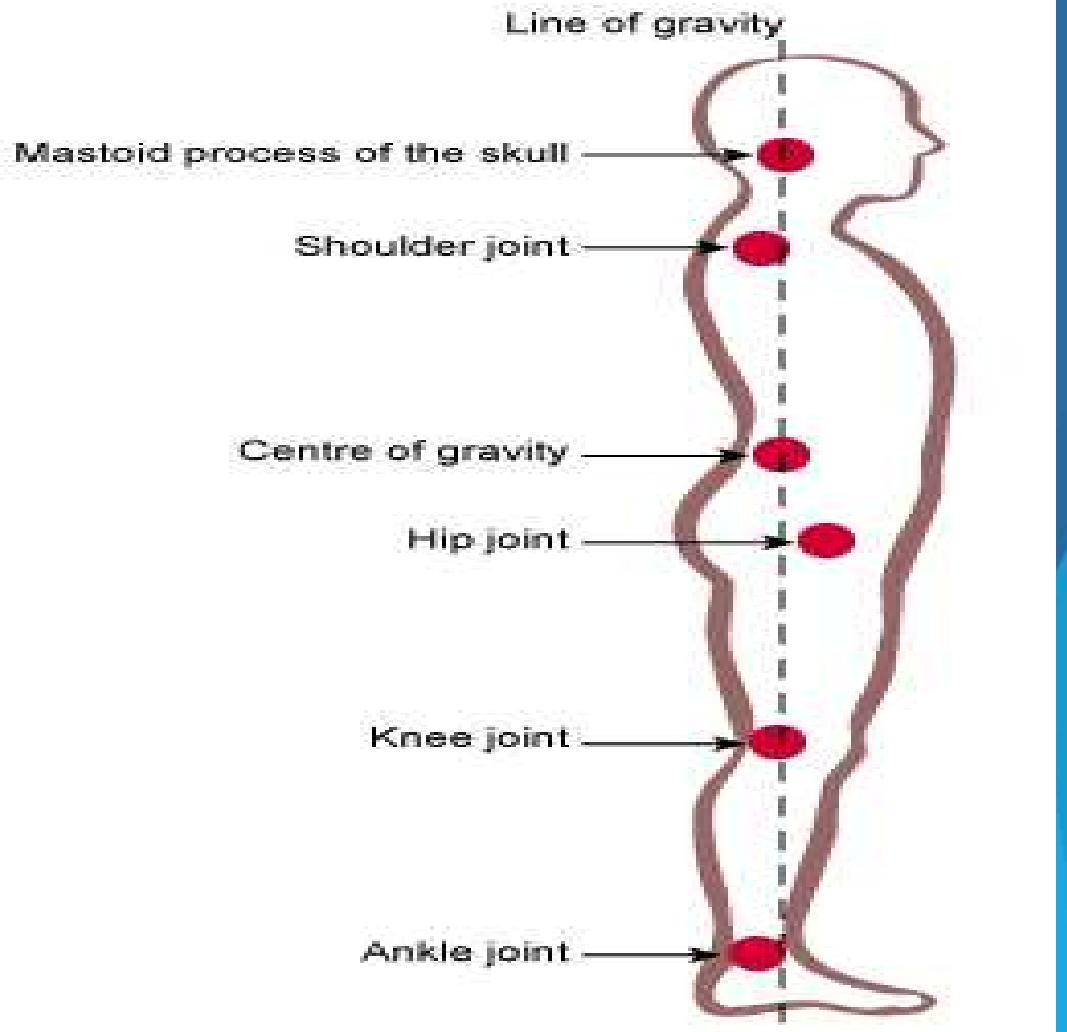
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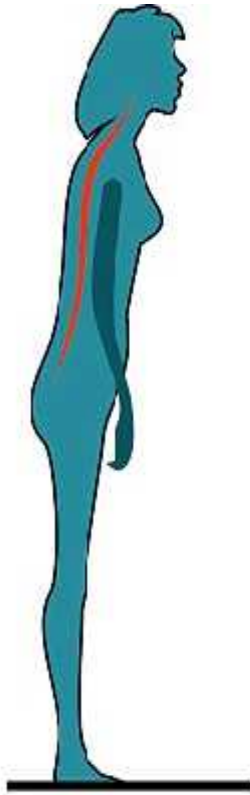
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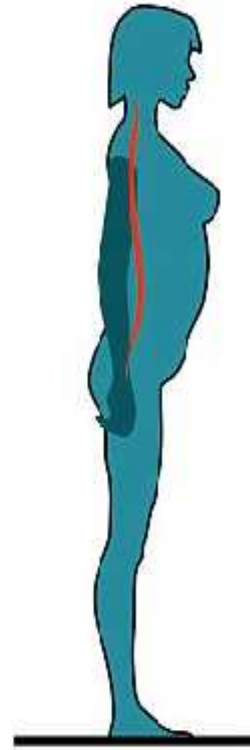
Spoon - flat back,
rounded shoulders



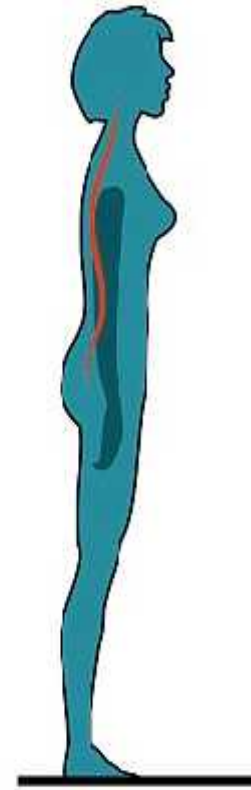
Leaning tower -
head leans forward



Bridge - arched
back



Flat-pack - flat
back



Normal
posture

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Scoliosis

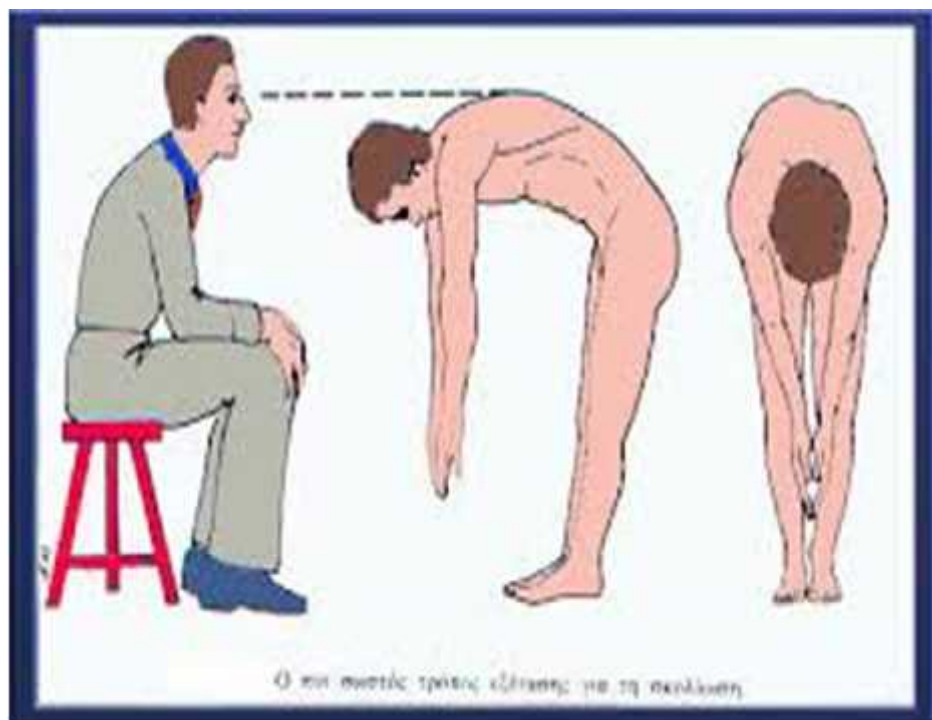


Kyphosis



Lordosis

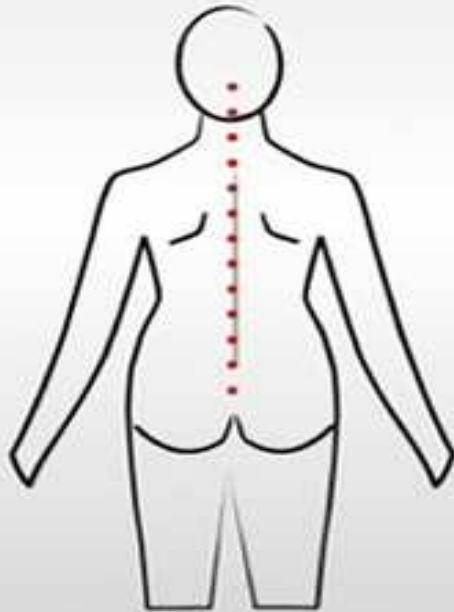




Ο πιο σωστός τρόπος κλίσης για τη σκολίωση

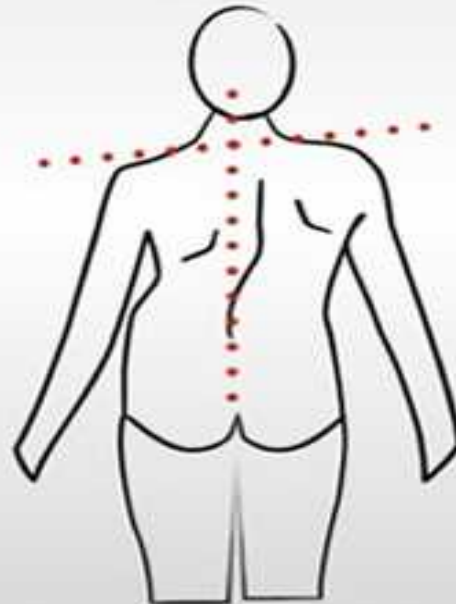
normal

Torso is symmetrical, head and pelvis are in a straight line, shoulders are even



possible scoliosis

Head is to one side of the natal cleft and not in a straight line with it; shoulders are uneven



possible scoliosis

Hump, usually in the right thoracic region; shoulder blades asymmetrical



possible scoliosis

Hump, usually in the left lumbar region, waist, asymmetry





BAD POSTURE

VS

GOOD POSTURE

HEALTH

Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.

FEEL

Slouching not only makes you look tired, but it also makes you feel sluggish, fearful and self-conscious.

COMMUNICATION

Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

APPEARANCE

Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even a couple pounds heavier.



HEALTH

Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

FEEL

Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

COMMUNICATION

Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness and helps you own the room.

APPEARANCE

Holding yourself upright and in good posture can help you look younger, more vibrant, and attractive.

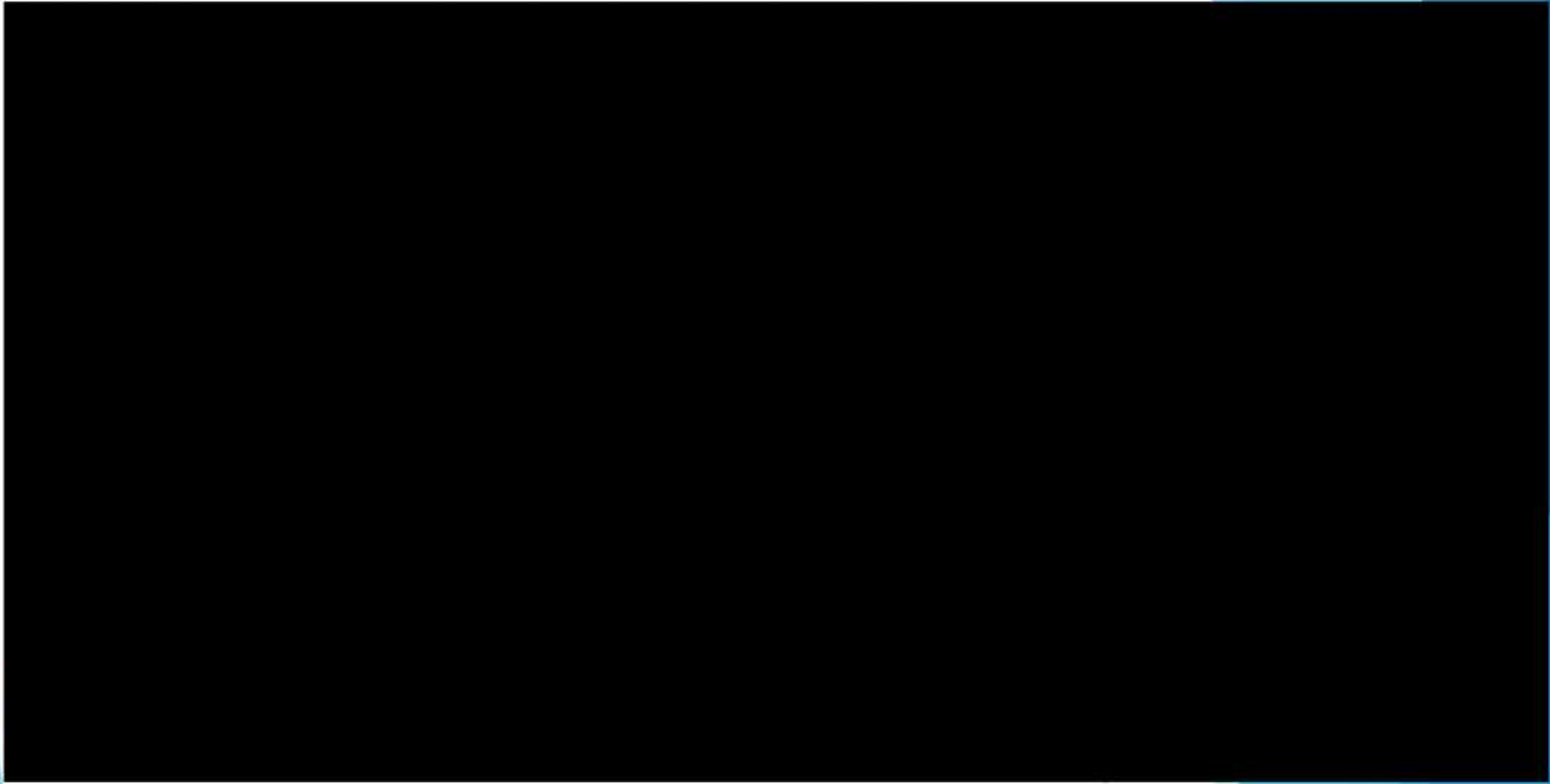
Did You Know?

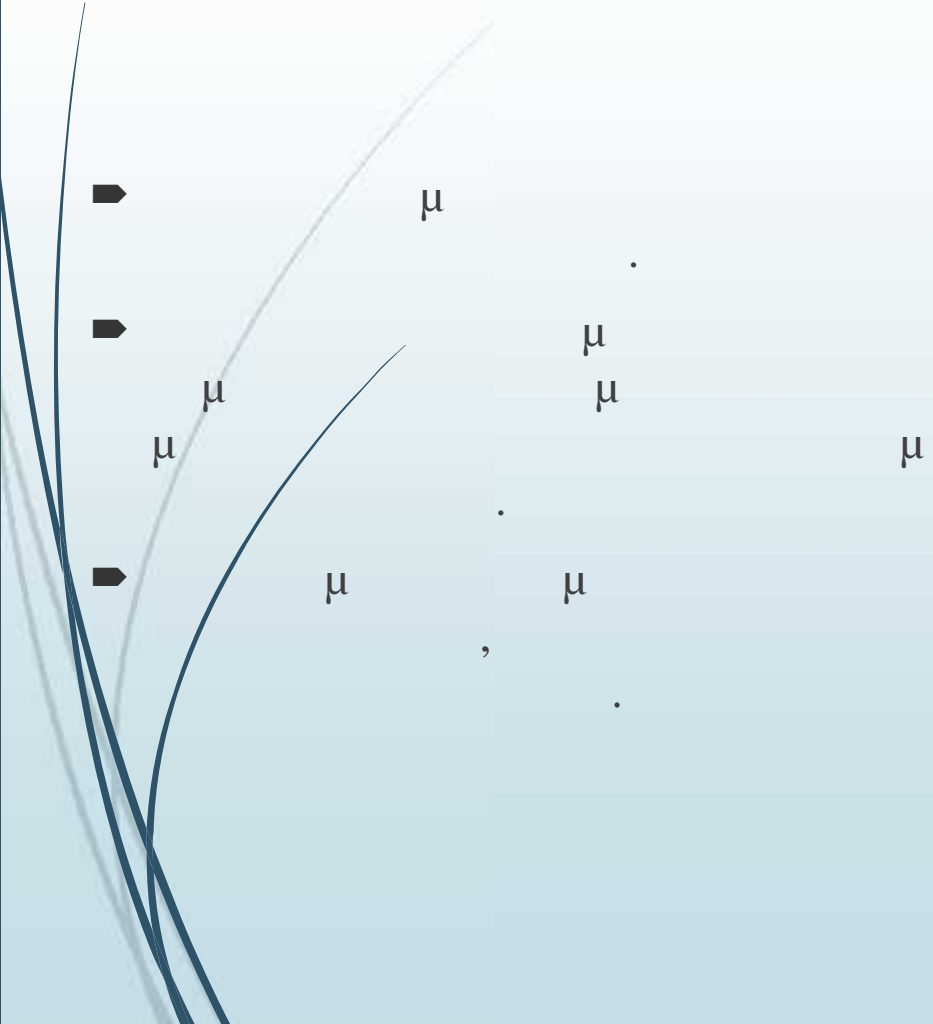
Posture is the number 1 reason for doctors visits and missed work-days after the common cold.

A Lumo Lift a day could literally keep the doctors away!

www.lumobodytech.com

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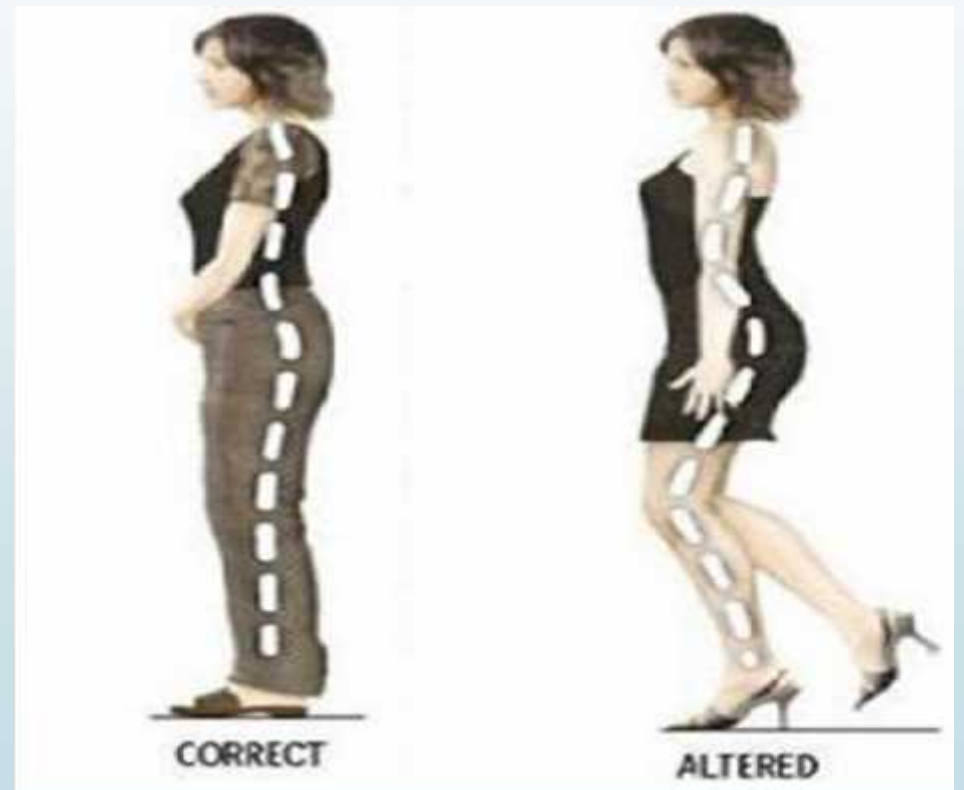




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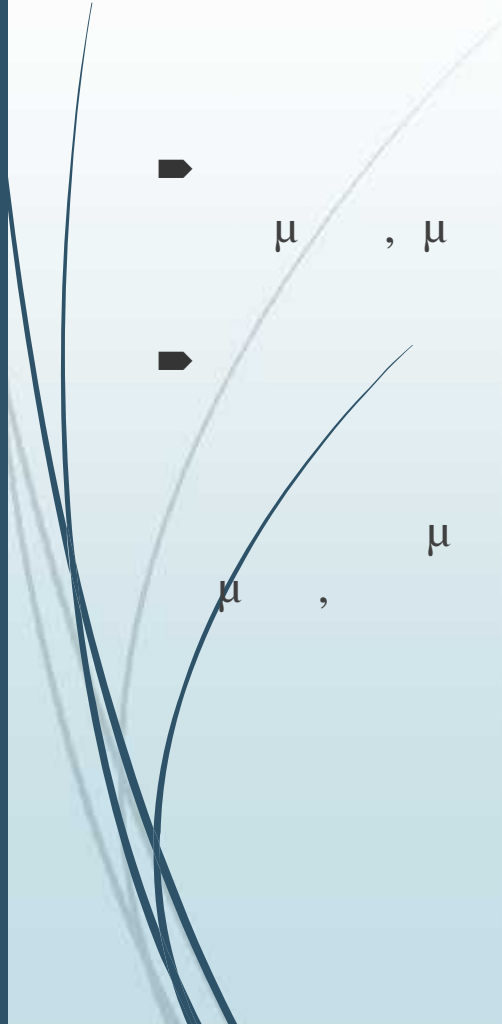
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© Getty Images, Tetra Images RF



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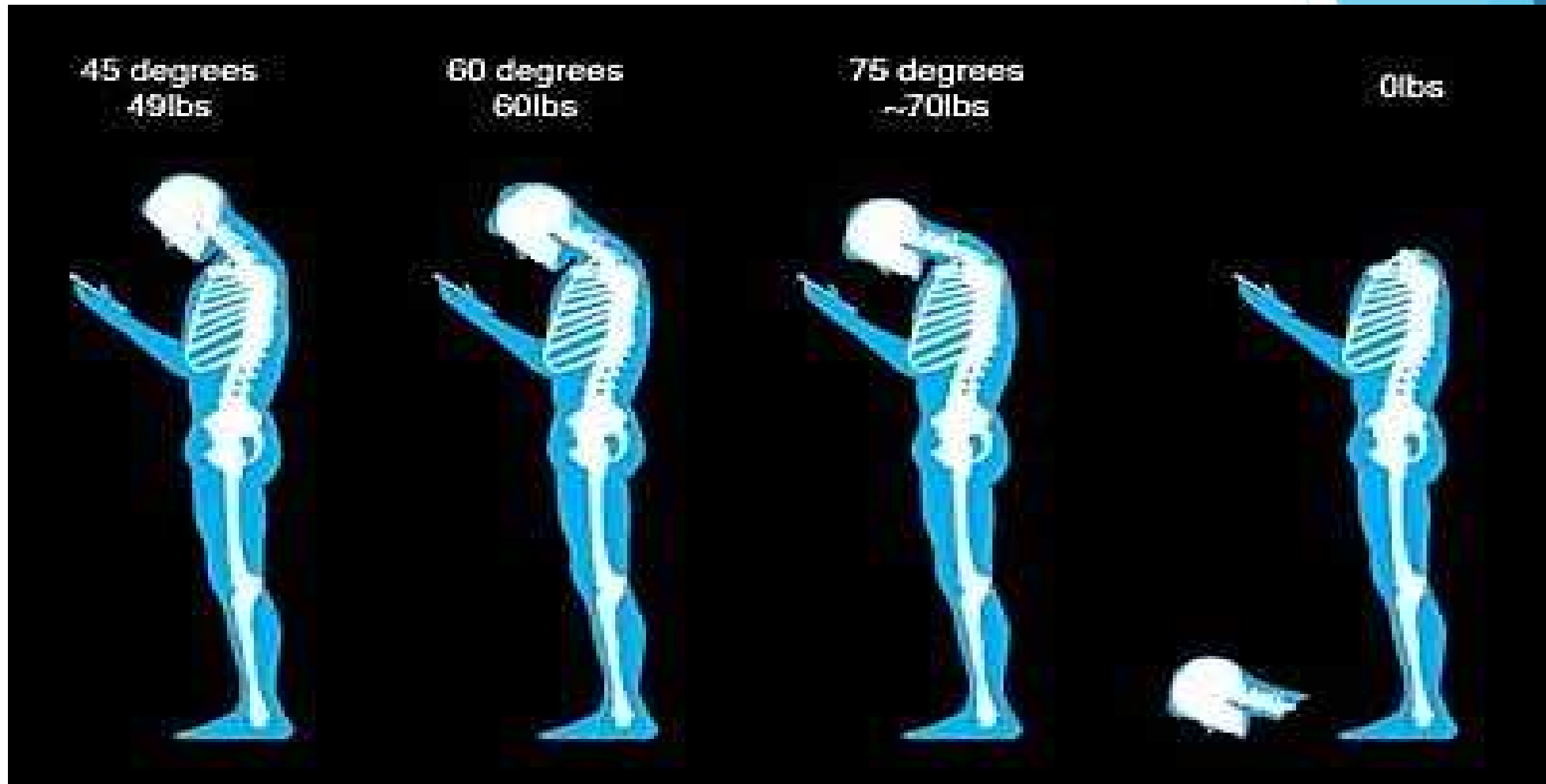
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ΕΥΧΑΡΙΣΤΩ ΓΙΑ ΤΗΝ ΠΡΟΣΟΧΗ ΣΑΣ



Lung Exercises



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