

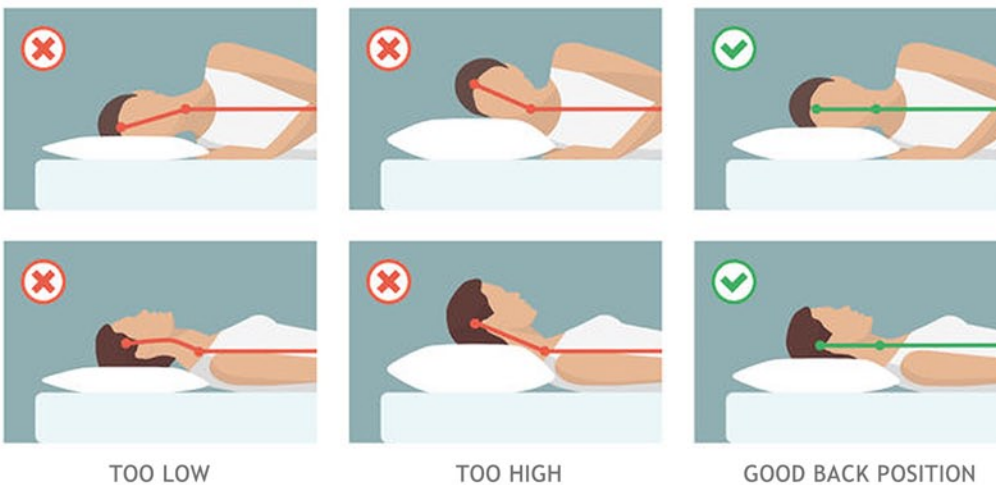


Chiropractic Care : Pilates : Yoga :
Sports Massage : Pregnancy Care : **Back Care**

SLEEPLESS NIGHTS? HOW'S YOUR POSTURE?

Good sleep posture helps to prevent aggravating neck and back pain, so it's worth ensuring that you have the right mattress and pillow for you.

Choosing the right pillow

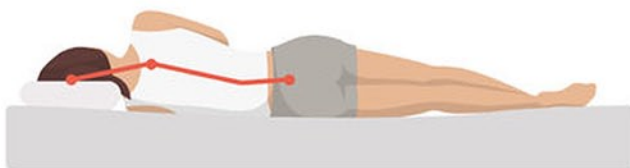


TOO LOW

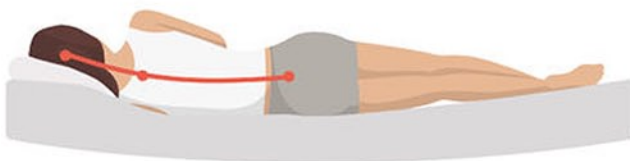
TOO HIGH

GOOD BACK POSITION

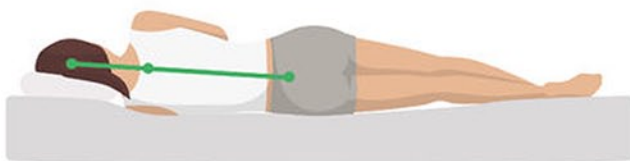
Choosing the right mattress



TOO HARD



TOO SOFT



RIGHT FIRMNESS

Call Shoreham
Chiropractic Clinic on
01273 461 155 for
your FREE posture and
spine check.

