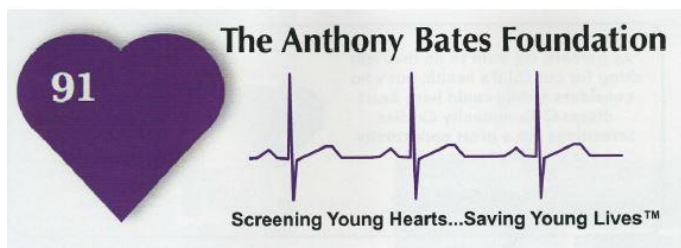


Into Sports? Prevention Minded?

Check your heart & posture in 1 low-cost screening
Monday, August 17, 2015

by appointment 10am – 6pm

Office of Dr. Cheryl Kasdorf in Cottonwood



TICKERTEST
HEART SCREENINGS



Youth Screening

- ✓ Blood Pressure Reading
- ✓ EKG
- ✓ Ultrasound to evaluate size and thickness of heart
- ✓ Reviewed by Pediatric Cardiologist
- ✓ Takes 10 minutes
- ✓ \$ 65 low cost donation

Adult Screening

- Blood Pressure Reading
- EKG
- Comprehensive Echocardiogram
- Cardiologist Report
- Takes 20 minutes
- \$165 low cost donation

PostureScreen Exam for Cheryl Smith performed on 7/12/12

Head posture is upright and aligned by design to have horizontal. The body is designed to have horizontal, its legs, and joints perfectly balanced upon one another to both the front and side views. If the posture is deviated from normal, then the spine is also deviated from the normal healthy position. Unfortunately, abnormal posture has been associated with the measurement and progression of many spinal conditions and further leading to increased muscle strain and discomfort, including neck and shoulder pain, back pain, and joint problems. Head, neck, shoulders, midline and arms should be aligned as well as the spine conditions. Healthy, normal anatomical alignment starts from the most important source - the source of your symptoms and only address as well as the spine conditions. Healthy, normal anatomical alignment starts from the most important source - the source of your symptoms and only address as well as the spine conditions. Healthy, normal anatomical alignment starts from the most important source - the source of your symptoms and only address as well as the spine conditions.

<p>Normal</p>	<p>Your Posture from Front</p>	<p>Your Posture Viewed from the Front</p> <p>Head is shifted 0.65" left and is not tilted</p> <p>Shoulders are shifted 0.22" right and are tilted 5.2° left</p> <p>Ribcage is shifted 0.41" right</p> <p>Hips are shifted 1.51" left and are not tilted</p> <p>Any measurable deviation from normal posture causes weakening of the spine as well as increased stress on the nervous system which can adversely affect overall health.</p>
<p>Normal</p>	<p>Your Posture from Side</p>	<p>Your Posture Viewed from the Side</p> <p>Your head weighs approximately 9.5 lb and is shifted 2.30" forward</p> <p>Based on physics, your head now effectively weighs 31.7 lb instead of 9.5 lb</p> <p>Shoulders are shifted 1.04" backward</p> <p>Hips are shifted 2.51" forward</p> <p>Knees are shifted 0.83" forward</p> <p>From front: </p> <p>During this assessment, you noted that your pain was 8 out of 10 worst possible pain. Remember that pain and discomfort can be directly associated to your body structure - ie. Abnormal Posture</p> <p>Your PostureScreen evaluation demonstrates that you have postural abnormalities. In the future, structural deviations could cause you symptoms of pain as well as a myriad of other health problems. Consequently, it is advised that you complete a thorough clinical evaluation with a health care and/or fitness professional trained in postural corrective techniques.</p> <p>PATENT PENDING © PostureCo, Inc. www.PostureAnalysis.com</p>

Posture Analysis:
A printed report in minutes
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FREE BONUSES:

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APPOINTMENTS NECESSARY:

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