



# Biotonix and Women's Health

There are several very clear applications of postural assessment and correction for a variety of women's health issues. Biotonix is taking an industry lead in several aspects of this important healthcare issue spanning both research and diagnostic/therapeutic contexts.

## Posture and Pregnancy

Women's morphology /postural form changes gradually and significantly during pregnancy. Changes in posture during pregnancy place additional stress on the spine and may result in increased incidence of musculoskeletal disorders such as lower back pain. Changes in joint laxity have postural consequences and may increase the risk of injury during pregnancy. Postural changes that occur during pregnancy often remain postpartum and may continue to impact biomechanical form and function. The profound and often individualized changes in posture that occur prior to, during, and after pregnancy, therefore, stresses the need for personalized postural assessments linked to preventative and rehabilitative corrective exercise protocols.



## Osteoporosis and Postural Changes

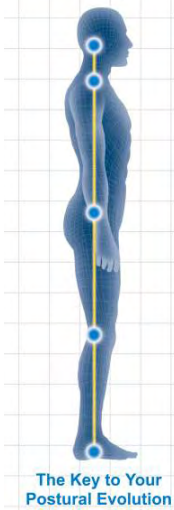
Osteoporosis is often associated with profound skeletal changes that place affected women at risk for fractures and other debilitating conditions. One of the most common clinical manifestations of spinal osteoporosis is pronounced kyphosis of the thoracic spine which results in the "dowager's" hump at the base of the neck or upper back. Other postural complications include excessive curvature of the lumbar spine and a more upright positioning of the sacrum / tailbone. It is clear that postural assessment and exercise are valuable aspects to detection and prevention of osteoporosis. The general concept is a lifetime approach to postural assessment thereby monitoring postural changes overtime in women of all ages. Biotonix is an excellent adjunct to weight bearing exercises which is one of the key aspects to the prevention of osteoporosis. In addition our exercised based strengthening and stretching program is ideal for improving one's overall strength, flexibility, and coordination.



**Ottawa Chiropractic & Natural Health Centre**

Dr. John Zielonka World Exchange Plaza, 111 Albert Street, Ottawa, Ontario K1P 1A5 (613) 688-1036

"Ottawa's Premier Centre for Health & Wellness"



*Why it's so Important  
for you to have a*

**BioPrint™**

If you are a physically active person, any of these problems below can seriously impede your ability to participate in the sports or leisure activities you enjoy;

- Back pain
- Neck Pain
- Shoulder Pain
- General Stiffness
- Reduced Mobility

Detecting muscular and skeletal problems before they become serious, and helping eliminate them once they are serious, is exactly what the BioPrint is designed to do.

**GET EVALUATED TODAY**

at the

**Ottawa Chiropractic &  
Natural Health Centre**

**Dr. John Zielonka**

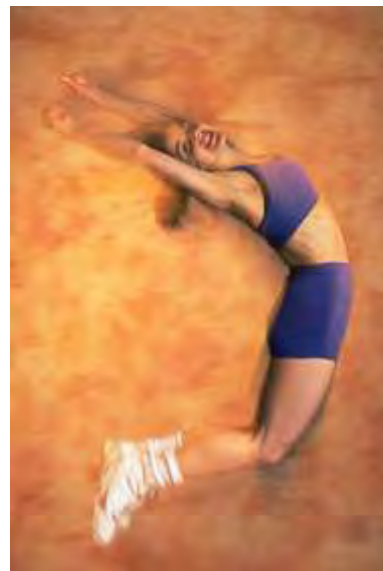
**(613) 688-1036**

*This is what your personalized  
BioPrint will look like.*



## The Fitness Industry and Woman's Health

Posture is often an overlooked component to overall health and fitness. Good body alignment is the "base" to efficient physical performance and longevity. Misalignments place undue stress on weight bearing joints thereby increasing the risk for musculoskeletal sprains and strains. Women are at a higher risk to musculoskeletal injuries due to their body structure. Women of all ages are becoming more physically active and make up more than half of the 35 million participants in fitness and health clubs in the United States. Therefore, postural assessment and correction is highly recommended for women prior to any training regime.. Bionix will provide you with a comprehensive postural analysis with your own personalized 10 week corrective stretching and strengthening program to address your misalignments. Call today and ask to be scheduled for your own BioPrint Report.



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