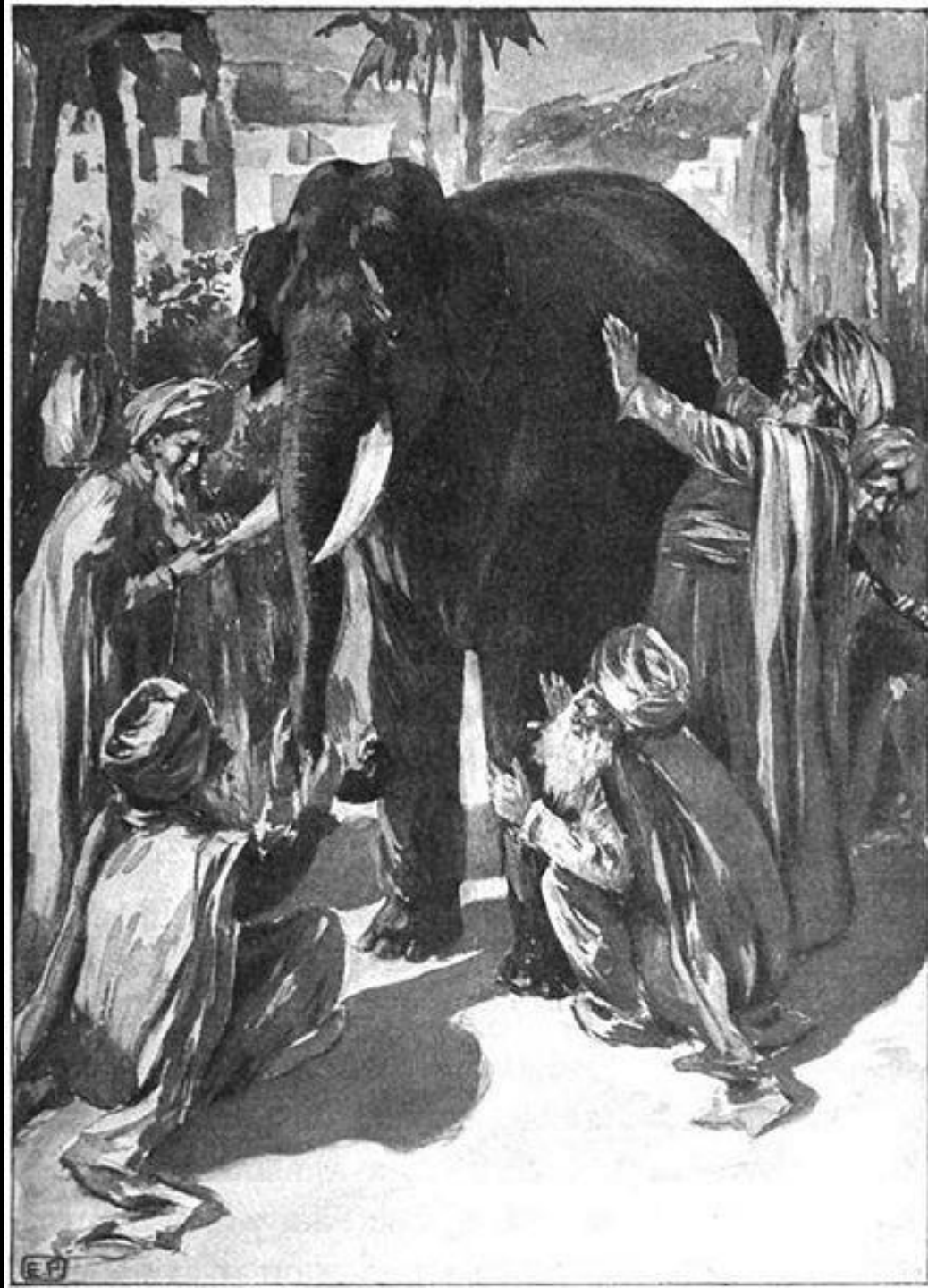












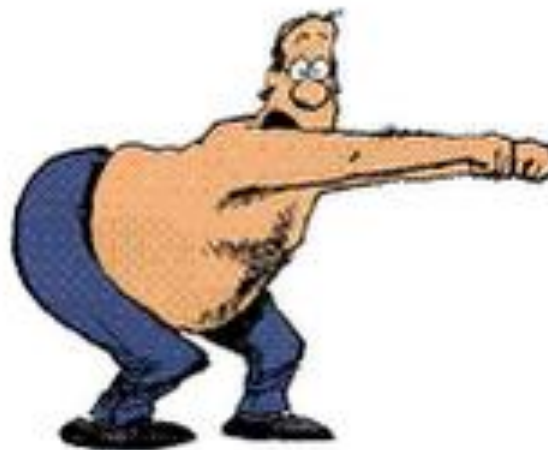




Jeremy



Mum



Dad



Hector

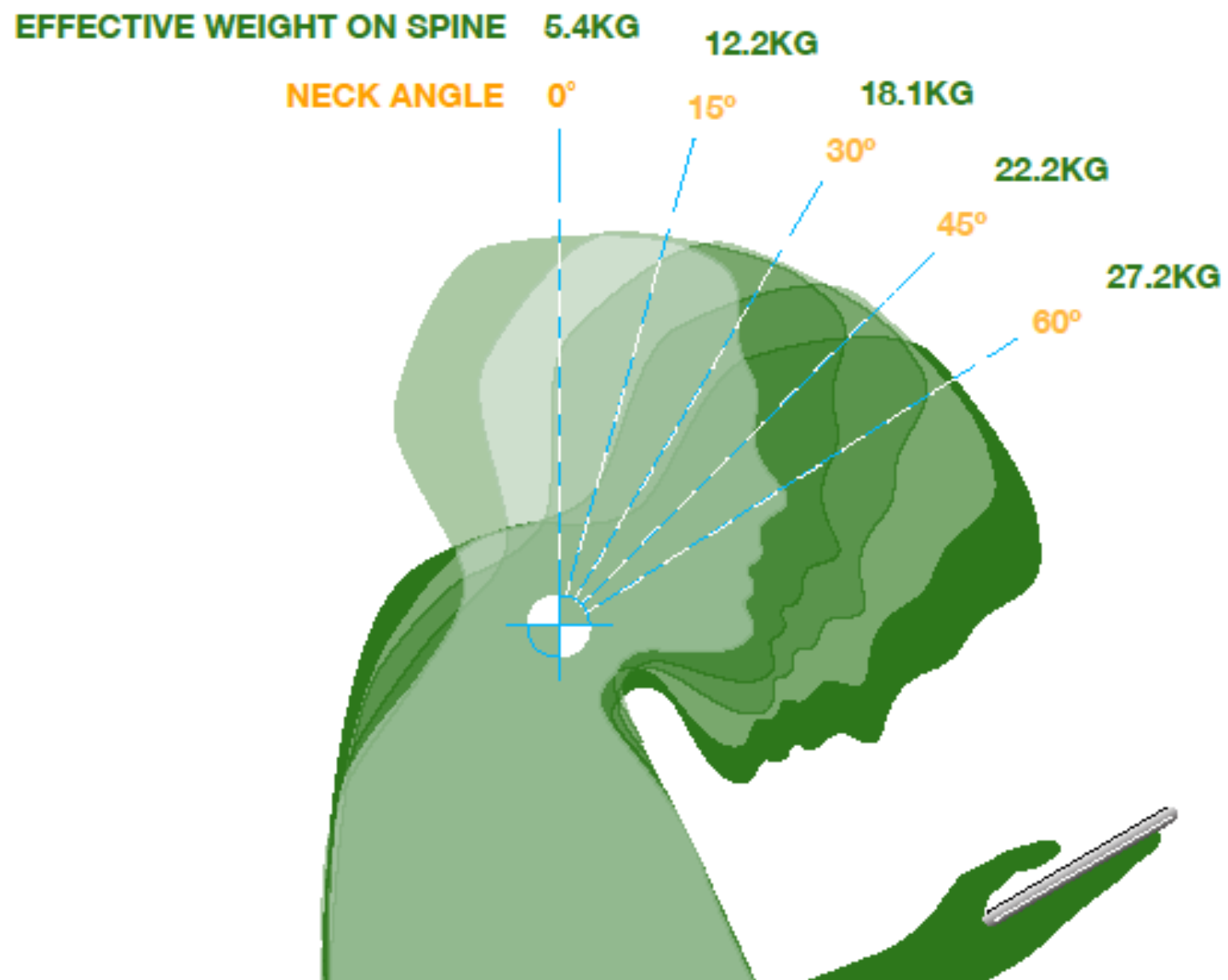


Sara



Pierce







The iHunch

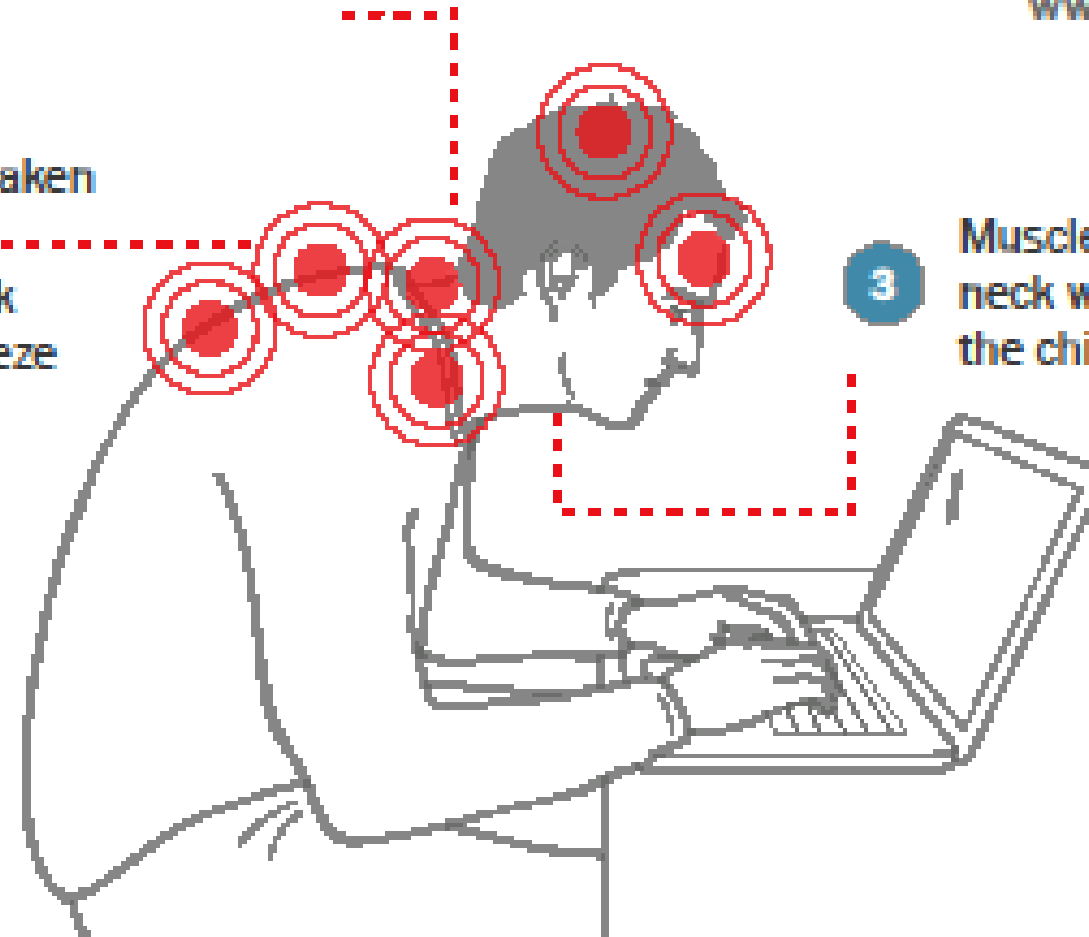
www.backpod.co.nz

2 Overworked muscles down the back of the neck strengthen, strain, scar and shorten

1 Middle/lower back support muscles weaken

4 Hunched upper back joints eventually freeze

3 Muscles around the front of the neck work less and weaken, so the chin pokes out



Result - every apophyseal joint in the neck is compressed, predisposing to acute pain episodes, joint locking, cervicogenic headache, foraminal nerve root impingement and/or referred arm symptoms.

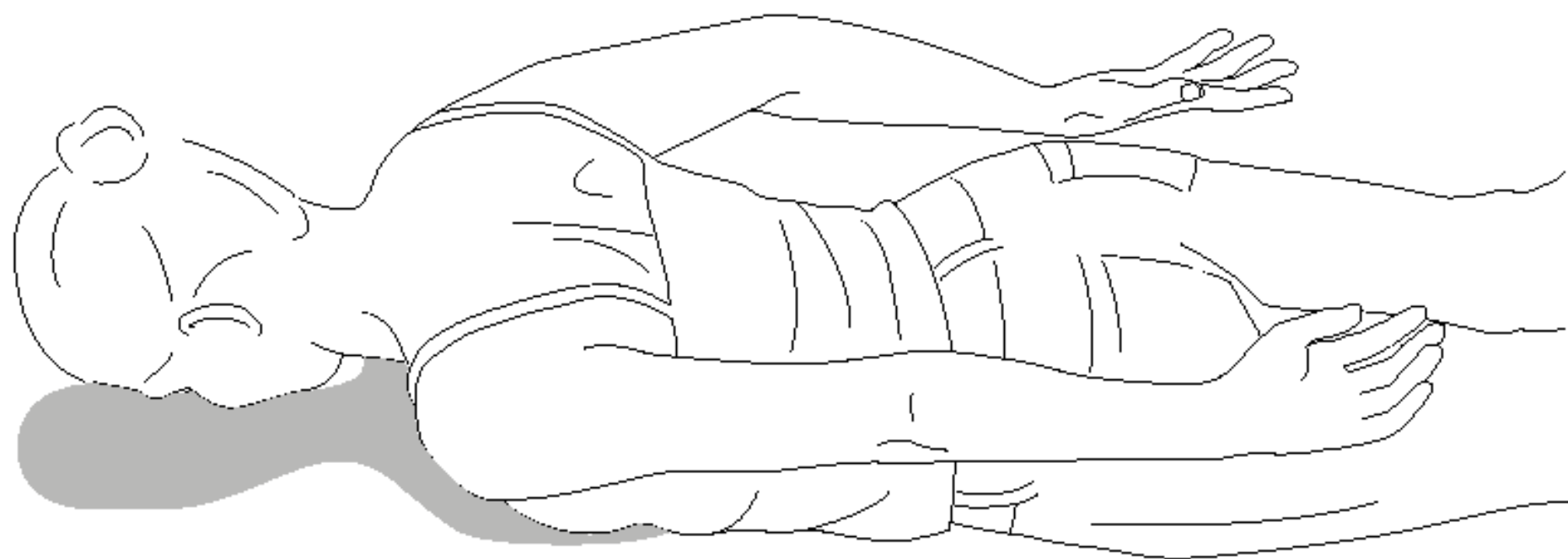




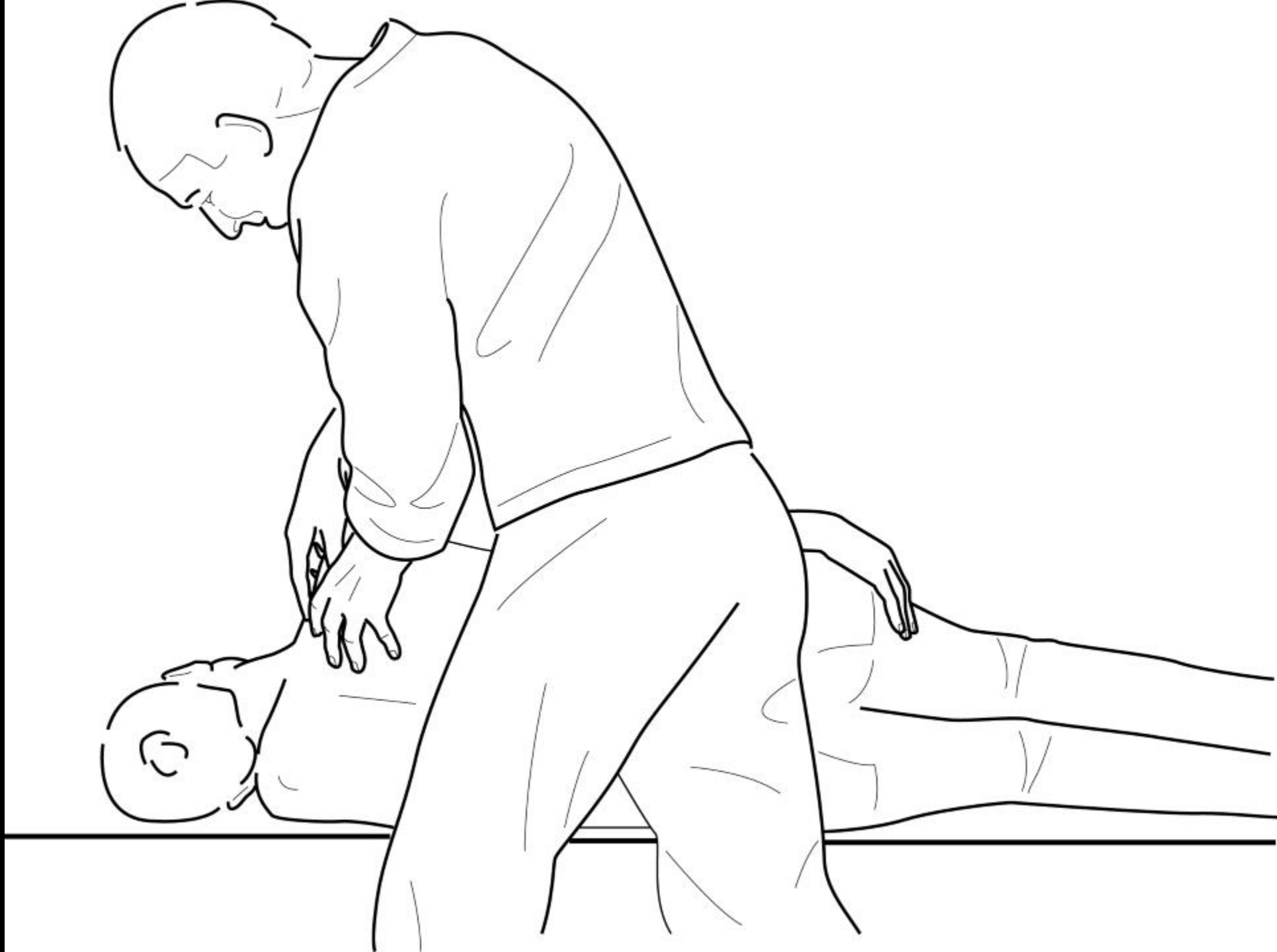












The iHunch

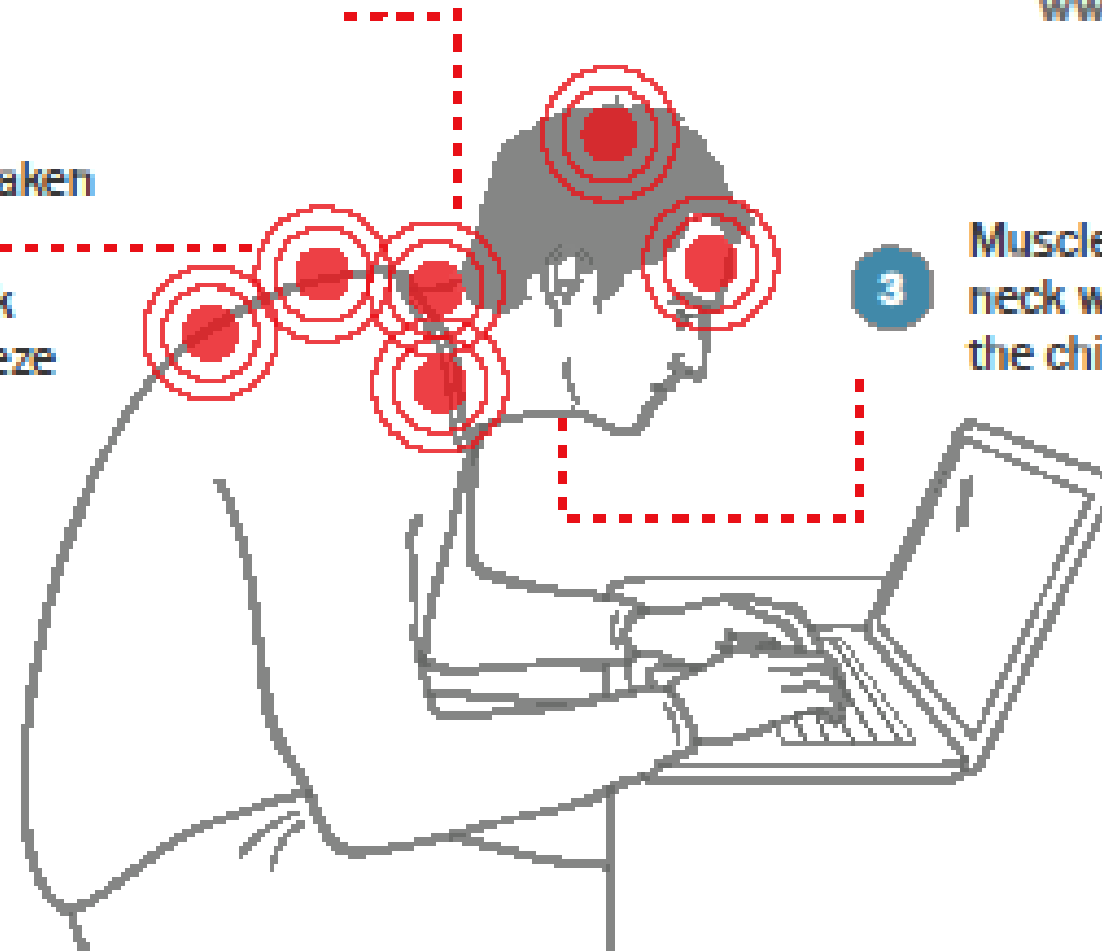
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