



Forza Chiropractic Publishes Posture Correction Resource Guide

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Forza Chiropractic published a posture correction resource guide on September 30, 2026. Founder Dr. Drew Voelsch medically reviewed the document, which describes how the clinic records spinal alignment before a corrective plan is written and how those records are compared later.

Dr. Drew Voelsch is founder and clinic director of Forza Chiropractic, established in 2009. He earned a Doctor of Chiropractic degree from Palmer College of Chiropractic in Davenport, Iowa, and is Chiropractic BioPhysics certified. Clinical work centers on structural correction and corrective chiropractic care, including the F1 Technique for specific, low-force joint corrections.

The guide describes posture correction as more than standing up straighter when someone offers a reminder. It defines the goal as changing the resting position the spine holds when a person is not thinking about it. It distinguishes this approach from simply being reminded to sit upright. Patterns named in the guide include forward head posture, mid-back rounding, and a low back that flattens or over-arches. The guide

includes the clinic's statement that each inch the head sits forward of the shoulders increases load on the neck and upper back.

The assessment section specifies digital X-rays and AI-assisted PostureScreen® posture analysis, plus PostureRay X-ray analysis of spinal curves. Digital X-rays are described as recording alignment in degrees and millimetres. The PostureScreen® assessment is described as a repeatable reading of how far the head, shoulders, hips, and pelvis sit from a reference position, so the same reading can be taken again and compared. A functional exam is listed as covering range of motion, muscle balance, and movements that reproduce symptoms. The guide states that these tools are assessment inputs. It also notes that a person's symptoms do not always match measured spinal alignment, and that the exam is used to consider whether reported pain may relate to the recorded posture or to another factor.

Dr. Drew Voelsch commented, "The posture correction guide published on September 30 explains that correction starts with a measurable baseline. Alignment is recorded, the plan is built around those findings, and the same measurements are used later to see what has changed."

A plan, as the guide describes it, may include specific adjustments at segments identified on the measurements, mirror-image exercises that load the spine opposite its recorded drift, and traction intended to hold the spine in a sustained position. The guide also lists factors outside the office, including desk height, monitor position, sleep setup, and training habits. Chiropractic BioPhysics is named in the guide as the corrective method the clinic uses.

The timeline section is written as the clinic's reported experience, not as a promised result. It says most people feel a difference within two to four weeks, and that measurable structural change usually takes three to six months of consistent work. It says longstanding patterns and degenerative change take longer, and that some structural change is permanent, in which case the stated aim is managing load and protecting remaining motion.

Dr. Voelsch added, "A reminder to sit up straight can help a person notice posture, but the guide states that awareness alone does not change a resting spinal curve. The published approach uses specific loading over time based on what the measurements show."

The frequently asked questions section addresses assessment and correction. It says the clinic uses X-rays for corrective planning because, in the guide's wording, spinal curves cannot be measured reliably from the outside. It says alignment can be tracked in adults, and that the amount of change depends on starting measurements, how long a pattern has been present, and whether degenerative change is present. It says exercise is part of the plan and is often not sufficient, in the clinic's view, when a curve has changed shape. It does not claim that imaging alone identifies the cause of a patient's symptoms.

Forza Chiropractic has operated in Arlington Heights since 2009. The practice evaluates posture alongside back pain, neck pain, sciatica, disc issues, and headaches. The September 30 publication organizes steps already used in that work: a recorded baseline, a plan written against those readings, and a later comparison. It does not describe posture correction as a single visit.

The guide identifies readers who report stiffness, mid-afternoon aching, or pain that returns to the same area. Same-week appointments are noted for most new patients.

Forza Chiropractic published the resource under Dr. Voelsch's review. The document sets out how the clinic measures alignment with digital X-rays and AI-assisted PostureScreen® posture analysis, how a plan is assembled from those readings, and how the clinic describes the time involved in structural comparison.

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Forza Chiropractic

At Forza Chiropractic, your trusted Chiropractor Arlington Heights, we help families, athletes, and everyday adults move better, feel better, and function at their highest level.

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