What we learned in our visit with Dr. Cantito:

Good posture should be acquired from the age of adolescence because it is when you are developing and the most important time to derive good posture habits. If bad posture habits are developed especially at an earlier age it can lead to many side effects. such as:

* Malalignment of your spine and knees
* Stress and compression to systems not supposed to carry the weight
* Forward head posture
* Jaw pain
* Breathing ability
* Shoulder and back pain