

Spinal malalignment: Malalignment of the spine can lead to various conditions, including:

Scoliosis: A sideways curvature of the spine, resulting in an "S" or "C" shape. Scoliosis can cause postural changes, uneven shoulders or hips, and in severe cases, compression of organs or nerve structures. **Lordosis:** An excessive inward curvature of the lower back, causing the buttocks to protrude outward. This can occur due to poor posture, obesity, or muscle imbalances. **Kyphosis:** An exaggerated outward curvature of the upper back, often leading to a rounded or hunched appearance. Kyphosis can result from osteoporosis, poor posture, or structural abnormalities.

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