



## Posture is Important

We all take our posture for granted and rarely think about how our activities affect our posture and how our posture affects our health. Many of us don't even know what good posture looks like. Here are a few tips from our friendly physiotherapist.

**Poor posture** can lead to pain, discomfort and loss of function. For example:

- standing with uneven weight distribution may cause lower back pain
- rounded shoulders with a chin poking out may cause neck and upper back problems.

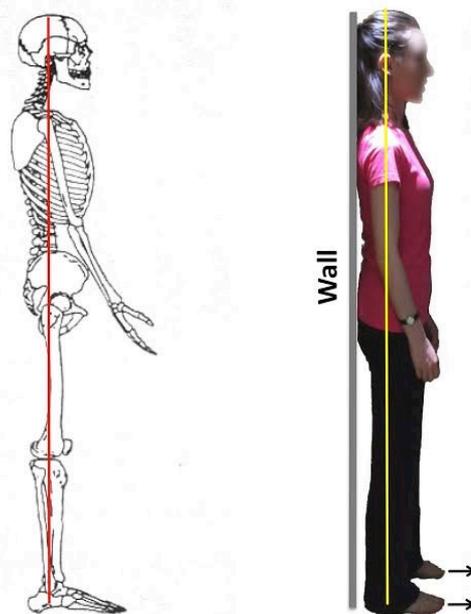
**Good posture** is the position of the body puts the least strain on the muscles and joints. Your posture is good when the shoulders are down and the back and the three natural curves of the spine are maintained while standing, sitting, lying down or being active.

What does good posture look like? From a side view if you were to put a straight line from your ears it should pass through the middle of your shoulders, knees and ankles.

### Hints on maintaining good posture:

Check your posture using the reflections of shop windows or mirrors and correct if needed.

- Walk and stand tall, chin in, shoulders back and tummy tucked in (not sucked in).
- Wear well-supported shoes with a low cushioned heel (high heels though elegant are bad for your posture).
- Avoid standing or sitting in one position for too long.
- Have a firm mattress and pillows positioned so the curves of your spine are in line.
- Ensure your seats support your spine with your feet comfortably on the ground. A lumbar roll may help keep your posture upright and avoid slumping.
- Plan your work areas to avoid unnecessary bending and twisting.
- When lifting loads - keep the load close and balanced, use your legs and don't twist.
- Exercise regularly.



If you want any help to improve your posture our friendly physiotherapist can help, just contact Therapy Professionals Ltd