

Posture and Your Health

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**Severe Spinal Damage at Zero
Miles Per Hour!**

Symptoms/Effects of Poor Posture

- Headaches and Neck Pain
- Back Pain
- TMJ pain
- Body Aches and Pains
- Muscle Fatigue
- Impaired digestive/respiratory function
- Rounded Shoulders
- Potbelly
- Forward Head

Poor Posture → Pain: Mechanisms Involved

- Poor posture and body mechanics
- Muscle Imbalances: Lengthening/Shortening
- Subject body to abnormal stresses
- Abnormal stress over time leads to structural changes (degeneration of discs/joints, lengthening/shortening of supportive ligaments and muscles, wear and tear of cartilage)
- Result over Time = Pain

Good Sitting Posture



Good Posture: Sitting

- Feet flat on floor: Hips and knees bent 90 degrees
- Sit on sit bones, not on sacrum
- Maintain inward arch of the lower back: assist with a lumbar pillow/roll
- Lift the breastbone: creates distance between rib cage and hips
- Pull shoulders back
- Make chin level (chin tuck)
- Brace Abdominals
- Take frequent breaks from sitting
- Good driving posture (sit tall, head on headrest, lumbar roll, seat vertical, elbows slightly bent)

Good Sleeping Posture: Do's and Don'ts

- Do sleep on your back with pillow(s) under your knees
- Do sleep on your side with a pillow between your legs
- Don't sleep on your belly
- Don't sleep on your back without pillow(s) under your knees
- Ideal: Sleep on side with pillow(s) between knees
- Mattress firm enough to keep spine in neutral position

REST POSITIONS

BACKLYING

DO



DON'T



SIDELYING



Curl up on side with
knees bent.

Optional – pillow
between knees.



Above positions
cause swayback.

Tips to Improve Posture

- Listen to your body
- Visual Cues: Make signs for reminders (tv, computer, car, workplace)
- Keep your chin tucked
- Maintain lordosis (Inward Curve) of your low back: Tactile/touch que with lumbar/pillow roll
- Regularly (2-3x/week) stretch major muscle groups of the body

Tips (Continued)

- Exercise regularly (3 or more x/week) to improve muscle tone and strength
- Avoid static positions for sustained periods of time
- Women: Good posture can make you look 10 pounds lighter and 10 years younger, and don't wear high heeled shoes
- Key to good posture is awareness and perseverance. Make it habitual: Practice! Practice! Practice!

Good Postural Exercises

- Chin Tuck
- Lumbar Extension Stretch
- Abdominal Bracing
- Diaphragmatic Breathing
- Make good posture a habit=
practice/practice/practice

Home Runs

- Bad Posture = ↑ Chance of Pain/Injury
- Posture is habitual = Can be changed
- Regular Stretching and Exercise can decrease chance of posture related pain and injury
- Practice specific postural exercises
- If you have pain/injury: Choose SOAR Physical Therapy for your Rehab.