

Posture

“Stand up straight! Don’t slouch!”

Good posture is important because it helps your body function. It promotes your ability to move efficiently and contributes to an overall feeling of well-being.

Good posture is also good prevention. Poor posture means bones are not properly aligned, and muscles, joints, and ligaments take more strain. Faulty posture may cause you fatigue, muscular strain, and, in later stages, pain. Many individuals with chronic back pain can trace their problems to years of faulty postural habits. In addition, poor posture can affect the position and function of your vital organs, particularly those in the abdominal region. Good posture also contributes to good appearance; the person with good posture projects poise, confidence, and dignity.

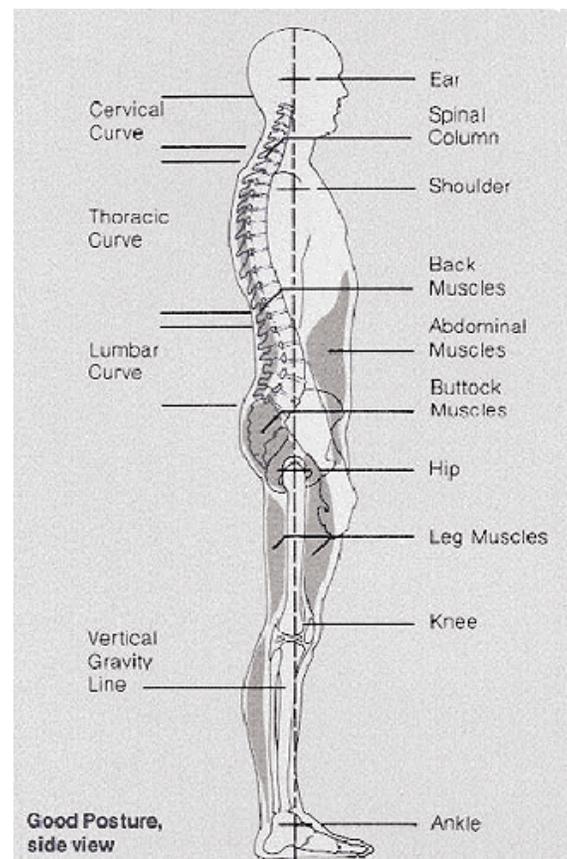
The Anatomy of Good Posture

To have good posture, it is essential that your back, muscles, and joints be in tip-top shape. A healthy back has three natural curves: a slight forward curve in the neck (cervical curve), a slight backward curve in the upper back (thoracic curve), and a slight forward curve in the low back (lumbar curve). Good posture actually means keeping these three curves in balanced alignment. Strong and flexible muscles also are essential to good posture. Abdominal, hip, and leg muscles that are weak and inflexible cannot support your back’s natural curves. Hip, knee, and ankle joints balance your back’s natural curves when you move, making it possible to maintain good posture in any position.

A View of Good Posture

From a side view, good posture can be seen as an imaginary vertical line through the ear, shoulder, hip, knee, and ankle. In addition, the three natural curves in your back can be seen. From a back view, the spine and head are straight, not curved to the right or left. The front view of good posture shows equal heights of shoulders, hips, and knees. The head is held straight, not tilted or turned to one side

Poor Posture



Practice, Practice, Practice

Standing;

Weight should be evenly distributed through feet,
knee's face forward,
Arms at your side with palms facing forward
Chest slightly lifted with shoulders back
Tuck chin in and imagine a string is tied to the top of
your head and is pulling you up
Gently pull stomach in and upwards towards the spine.

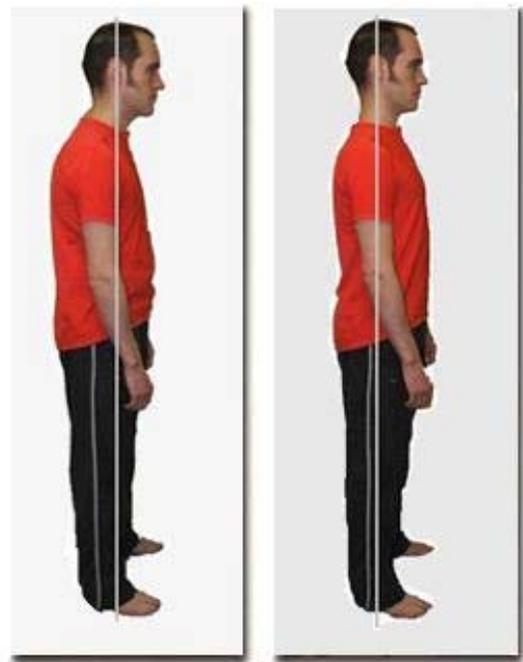
Sitting;

Sit with back firmly against chair; chair should be low
enough to allow placement of both feet on the floor. If
this is not possible you need a foot stool.
Keep your head up, chin in and shoulders back. If you
work long hours at a desk, keep your chair close-in to
the desk to help maintain your upright position.
Gently pull stomach muscles in and upward towards
the spine. But maintain the lower arch in the back. A
lumbar roll or support in a chair may assist you with
maintaining this position.

Good Posture For Life

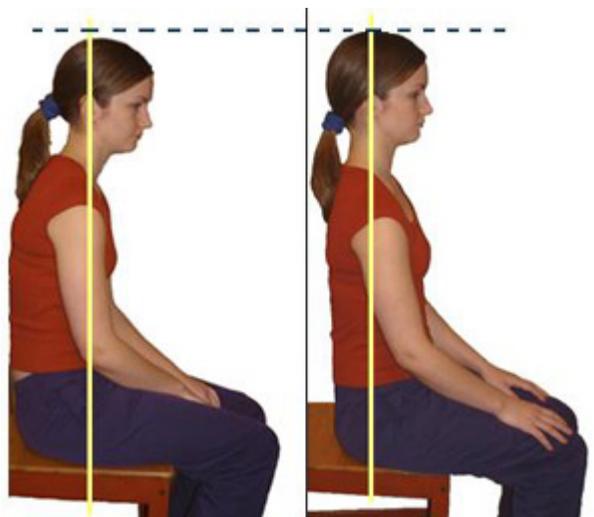
Changes occur naturally in your body as you grow
older. Changes that influence your posture and make
it more difficult to maintain a good posture include;

- The disks between the spinal segments become less resilient and give in more readily to external forces, such as gravity and body weight.



Before

After



- Muscles become less flexible.
- Compression and deterioration of the spine, commonly seen in individuals with osteoporosis, cause an increased flexed, or bent forward, posture.
- Lifestyles usually become more sedentary. Sitting for long periods of time shortens various muscles, which results in the body being pulled into poor postural positions, and stretches and weakens other muscles, which allows the body to slump.

Despite the changes that occur naturally with aging, good posture can be maintained and, for many, poor posture improved. In individuals with severe postural problems, such as poor alignments that have existed so long that structural changes have occurred, the poor posture can be kept from getting progressively worse.

Tips for Maintaining Good Posture Throughout Your Life

Throughout each day, concentrate on keeping your three natural back curves in balanced alignment.

Keep your weight down; excess weight exerts a constant forward pull on the back muscles and stretches and weakens muscles in the abdomen.

Avoid staying in one position for long periods of time; inactivity causes muscle tension and weakness.



Sleep on a firm mattress and use a pillow under your head just big enough to maintain the normal cervical—neck—curve. Avoid use of oversized or several pillows.

Exercise regularly; exercise promotes strong and flexible muscles that keep you upright in a proper postural position.

Protect your back by using good body mechanics; bend your knees when picking something up or putting it down; carry a heavy object by using two hands and keeping the load close to your waist.

Wear comfortable and well-supported shoes; Avoid continuous use of high-heeled or platform shoes, which distort the normal shape of the foot and throw the back's natural curves out of alignment.

Walk with good posture; keep head erect with chin parallel to the ground, allow arms to swing naturally, and keep feet pointed in the direction you are going.

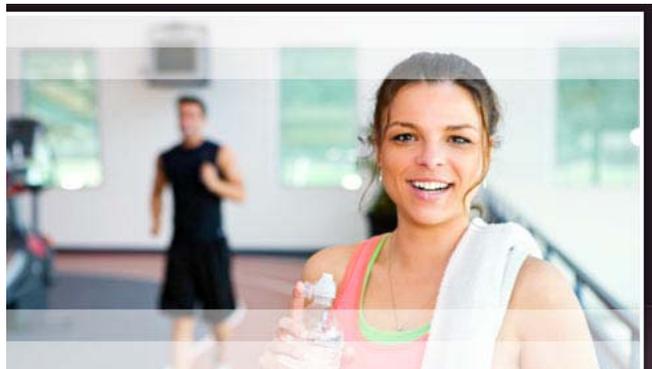


Start your posture perfect program today!

If you already have good posture, congratulations!

Refer this article to a friend and share the secret.

Good Posture... pass it on!



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