



POSTURE

STANDING

It is important to maintain good posture in every position. Good posture helps your body to move more easily and prevent injuries. Often after prolonged poor posture your body will develop shortening of structures, leading to abnormal postural positions. To avoid the development of low back pain and other problems, it is necessary to stand with good posture. Correct posture helps abnormal wearing of the joint surface, keeps bones and joints in correct alignment and decreases the stress on ligaments. Here are some tips for good standing posture -



- Maintain a straight spine rather than slouching to one side (side bending).
- Stand with your weight evenly distributed between your left and right feet. If you have had a previous injury you may need to assist this with an aid.
- Make sure that your earlobes are in the middle of your shoulders (tuck your chin in not forward).
- Keep your shoulder blades back and down.
- Keep your tummy in and your chest forward.
- Stretch tall.
- Avoid standing in the same position for a long period of time, if you do - try some pelvic tilts.
- Where possible rest one of your feet on a stool or ledge, alternate this every 10 minutes. This is useful if you are in a job like hairdressing.
- The normal shape of your spine has a hollow in the lower area (this is called your lordosis) and it needs supporting if you are sitting or lying.
- When standing for long periods of time the lordosis can increase and we experience different pains, we are “hanging on the ligaments”. To correct this we must squeeze our shoulders back and down, and pull our tummies in, maintaining a natural lordosis not an exaggerated or flat one.



Stooped positions - for example, lifting

- Try to stay away from bending / lifting positions for the first 2 hours in the morning or after prolonged sitting
- If you have been in a stooped pattern, break these up regularly by leaning back the opposite way (approx 5 x per hour). This helps prevent any distortion at the discs and may prevent an episode of acute pain.

- Try to bend through your hips, knees slightly bent, wide base and a slight lordosis in the back.
- If your back is rounded it increases the intradiscal pressure.

Coughing and Sneezing

- If you sense that you are going to cough or sneeze, stand upright and bend backward. (Do not lean forward or you may experience pain).