

PHYSIO4ALL

revitalise – bounce – be healthy

Posture

What is good posture?

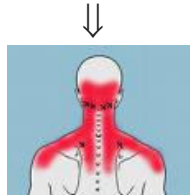
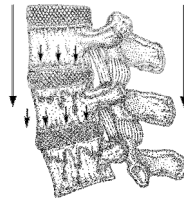
Posture refers to the body's alignment and positioning with respect to the ever-present force of gravity. Good posture entails distributing the force of gravity through our body so no one structure is overstressed.

Proper posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in their degeneration.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue as muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents back and neck pain.
- Contributes to a good appearance.

Consequences of Poor posture

- Discs between the spinal segments become less resilient and give in more readily to external forces, such as gravity and body weight
- Discs become compressed and facet joints become increasingly overloaded
- Compression and deterioration of the spine loads the discs, facet joints and nerves
- Muscle Spasm



Neck, Shoulder and Back pain

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au

E: info@physio4all.com.au

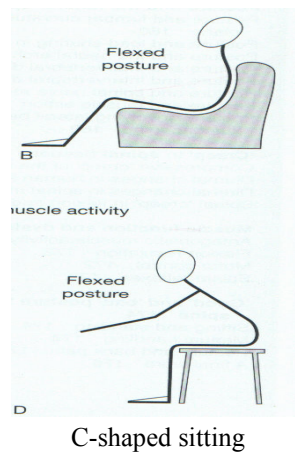
ABN: 77 548 297 578

PHYSIO4ALL

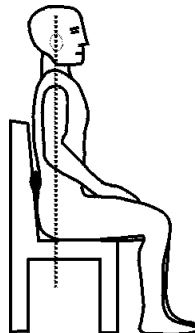
revitalise – bounce – be healthy

Sitting

The sitting position is where most of us get into trouble with poor postural habits. This is especially true when driving or using a computer. As we focus on the activity in front of us we tend to protrude the head and neck forward. Because the body follows the head, the thoracic and lumbar spine tend to round forward as well thereby developing a c-shaped curvature. When this occurs, the weight of the head and upper body is no longer balanced over the spinal column but instead must be supported by increased muscular energy and placing spinal ligaments on stretch. Over time this leads to fatigue and eventually even pain in the neck and upper back. Rounded shoulders occur for example when your car seat is too far away from the steering wheel which further contributes to this pattern of imbalance. Discs lose fluid under gravity and in fact the greatest fluid loss is while sitting as we lose 10% of disc height within the first two hrs. ***If we adopt a slumped sitting posture, we increase the compression on the lumbar discs thus increasing fluid loss and accelerate disc degeneration***



Ideally, the S-shaped curvature of the spine that is characteristic of good standing posture should be maintained in sitting as well. This is best accomplished by sitting all the way back in your chair and maintaining a lumbar hollow to reduce compression and fluid loss.



Correct sitting posture

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au

E: info@physio4all.com.au

ABN: 77 548 297 578

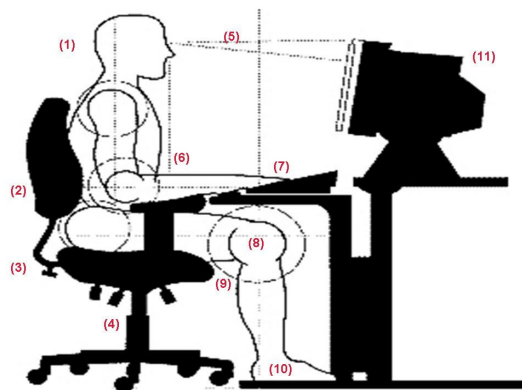
PHYSIO4ALL

revitalise – bounce – be healthy

Improve Posture By	When Sitting	Other Tips
Visualizing a string attached to the top of your head lifting the weight of your head off your shoulders.	Place hips as far back as possible in chair.	Avoid staying in one position for too long.
Straighten your back and move your shoulders down towards the floor.	Knees should be level with hips or slightly lower.	Firm stomach muscles support your lower back.
Adopt *Proper work habits	Remember that when sitting your back supports the entire body.	Exercise/move – decompress – encourage pressure changes in your discs.

*Proper work habits (sitting properly)

- Sit with the spine supported
- Elbows/forearms lightly supported by the desk
- Feet flat on floor, knees at 90 degrees or slightly below in relation to the hips
- Monitor adjusted to seated eye level
- Use a headset for regular phone use
- Mouse within easy reach
- Keyboard at neutral height to promote a neutral wrist
- Regular posture breaks are strongly recommended every 30-40 minutes



Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au

E: info@physio4all.com.au

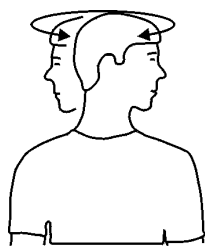
ABN: 77 548 297 578

PHYSIO4ALL

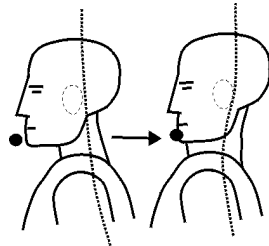
revitalise – bounce – be healthy

Posture exercises at the office

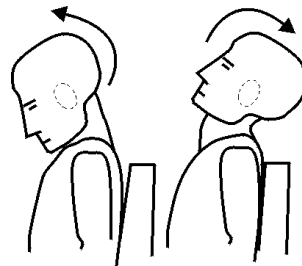
Neck



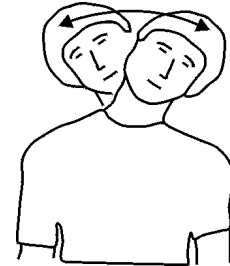
Rotations



Chin tucks

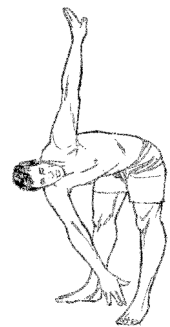


Flexion-Extension

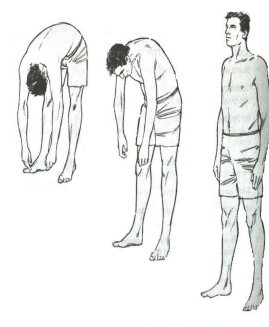


Side bending

Trunk



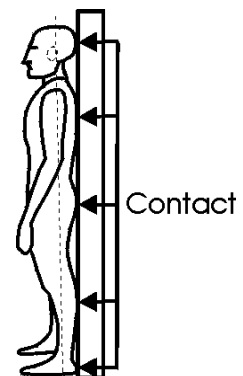
Standing twists



Forward bend



Backward bending



Standing vs. wall



Thoracic Spinal Block



Pose of the Child



Lumbar Spinal Block



Knee Rocking

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au

E: info@physio4all.com.au

ABN: 77 548 297 578