


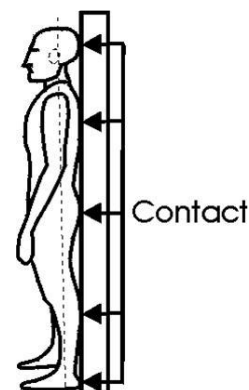
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**5 Usefull Tips for Maintaining Good Posture!**Do you like this topic? Tell us on Facebook! [Click here](#) for our exclusive PHYSIO4ALL Video on *Maintaining Good Posture***Special Offer!!!**PHYSIO4ALL is offering for the month of December, a FREE Postural Assessment, worth **\$100!!!****Download our SPECIAL [gift voucher](#) and present when making your appointment TODAY!****1. Standing**

When standing your feet should be shoulder width apart, thigh muscles elongated and knees kept soft. Maintain a small hollow in your low back, and lift the breastbone. As you do this, the shoulder blades will move down and back.

A "wall test" can be performed to help practice good standing posture. Stand with head, shoulders, mid back and heels against the wall. Draw in the lower abdominals, and try to maintain this upright, vertical alignment.

**2. Sitting**

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 (low back) hollow to reduce compression and fluid loss in the spinal discs.

Placing a pillow behind the lower back gives support and maintains the natural curve of the spine.

Your feet should be flat on the floor, and your knees and hips at approximately 90°. Keep your shoulders straight and avoid slouching forward.

**3. Sleeping**

The best sleeping posture will maintain your natural spinal curve. Here are a few tips to accomplish this.

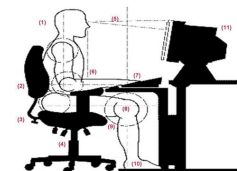
- If you sleep on your back, a pillow beneath your knees will keep your posture neutral.
- If sleeping on your side, slightly bending your knees with a pillow between them will provide neutral spine position.
- Sleeping on your stomach may be the worst sleep posture, as it can exert extra pressure on joints in the spine, particularly the neck.



#### 4. Work Station

Correct work habits.

- Sit with the spine supported by your chair
- 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



#### 5. Get Up and Move!

As our postural muscles get tired, slouching, and other poor postures occur, placing extra pressure on the neck and back. In order to maintain a supported posture, change positions frequently. Take a break from sitting in an office chair every 40 minutes for one to two minutes in order to stretch, and unload the spine. See the following document, [PHYSIO4ALL Posture Exercises](#), for stretches you can do to help unload your spine when at work and sitting for long periods of time.



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