

Why is posture important?

- Ideal posture occurs when the joints of the body are aligned with the forces of gravity. This minimizes the amount of stress on joints and muscles.
- Poor posture requires more muscular activity to maintain and stresses joints and surrounding soft tissue.
- Good posture helps your body move efficiently and optimizes function and comfort.

What does good posture look like?

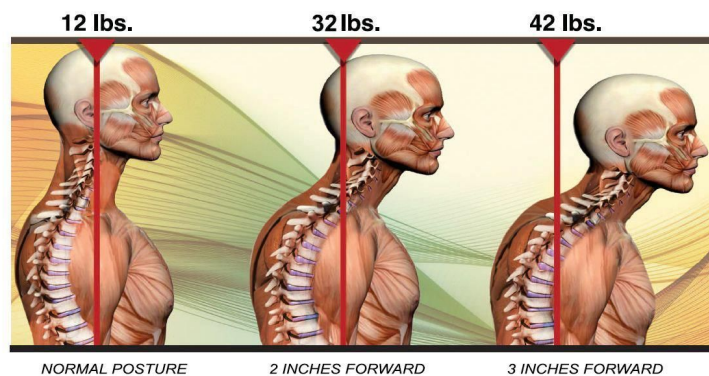
- Ear, shoulder, hip, knee, and ankle are in line with each other when the body is viewed from the side.
- Shoulders, hips and knees are level when the body is viewed from the front.
- Natural subtle “S” curvature of the spine is maintained.

What musculoskeletal conditions may be associated with poor posture?

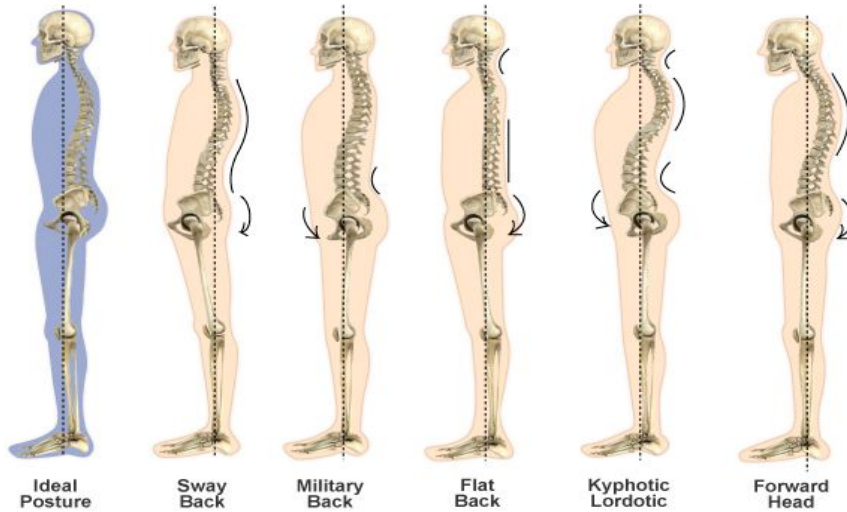
- Neck pain
- Back pain
- Shoulder pain
- Overuse injuries
- Muscle strains
- Carpal Tunnel syndrome
- Pinched nerves
- TMJ dysfunction
- Headaches
- Disc herniation
- Myofascial pain
- Impaired breathing

Effects of “Forward Head” Posture

- Our head weighs about 12 pounds and is designed to be positioned in a neutral position at the top of our spine.
- For every inch that we allow our head to creep in front of our body, there is an exponential amount of force required to hold it up.
- Forward head posture takes our neck curvature to extremes and can lead to muscular and joint pain.(FB 11/15/16)

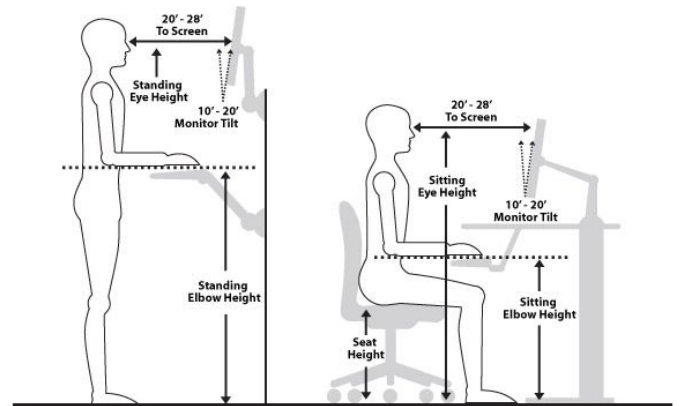
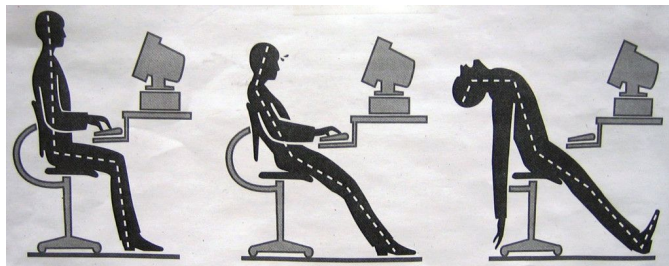


Examples of Impaired Posture



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Ergonomic Considerations



<i>Bad car seat posture</i>	<i>Good car seat posture</i>
<p><i>Knees higher than bottom</i> <i>Lumbar spine rounded/flexed</i> <i>Reaching for wheel</i> <i>Rounded shoulders</i> <i>Chin forward</i></p>	<p><i>Bottom as high as knees</i> <i>Lumbar spine held in curve</i> <i>Easy reach for wheel</i> <i>Shoulders resting back on seat</i> <i>Chin down</i></p>
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The body is designed to MOVE! Any posture, even “perfect” posture, that is sustained for too long will lead to discomfort. Stay active, stay healthy!



OFFICE STRETCHES



Shoulder Stretch
FRONT: interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach forward.
Hold stretch for 15 seconds



Shoulder Stretch
BACK: interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back.
Hold stretch for 15 seconds

Shoulder Pull
Grab under your right upper arm and pull the arm at shoulder height across your chest. Repeat for other shoulder.
Hold stretch for 15 seconds



Triceps and Shoulder Stretch
Reach behind your head with elbow bent. Use opposite hand to push downwards on elbow so that your hand moves further down your back. Repeat for other arm.
Hold stretch for 15 seconds



Neck Stretch
Reach with right hand over your head and shrug your left shoulder. Slowly pull your head away from left shoulder then drop your left shoulder down. Repeat for other side.
Hold for 10 seconds



Neck Flexion
Interlock hands and place hands on back of head. Pull chin down towards chest.
Hold for 10 seconds

Knee to Chest
In a seated or standing position with back supported, slowly pull one knee up towards your chest. Repeat for other side.
Hold for 15 seconds

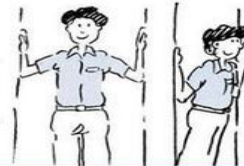


Back Rotation
Sitting on a chair with left leg crossed over your right leg. Place right hand on left thigh just above knee and pull leg towards right. At the same time turn your body towards the left looking over left shoulder. Repeat for other side.
Hold for 15 seconds



Side Stretch
While standing, slide right hand down right leg as far as possible, ensuring you are facing straight ahead. Repeat for opposite side.
Hold for 15 seconds

Chest Stretch
Bend elbows and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway.
Hold for 15 seconds



Quadriceps Stretch
Support yourself with left hand on a wall. Grasp left foot with right hand and gently pull heel towards buttocks. Repeat for right side.
Hold for 20 seconds



Hamstring Stretch
Place one foot on a stable chair or similar height surface. Whilst keeping leg and back straight and pelvis square, lean forwards towards your foot until you feel a stretch in the back of your thigh. Repeat for other leg.
Hold for 15 seconds



Buttocks Stretch
Sitting on a chair, position right ankle on left knee. Place hands on right lower leg and slowly bend forwards towards legs. Keep back straight. Repeat for other side.
Hold for 15 seconds

Wrist/Forearm Stretch
With a straight elbow and palm facing upwards, pull hand downwards to stretch the front of your forearm and wrist. Then turn hand over so that your palm is facing downwards and pull hand downwards to stretch the back of your forearm and wrist. Repeat for other arm.
Hold both for 10 seconds



Biceps Stretch
Hold onto a door frame at arms length, thumb down. Turn the body away from arm and allow your shoulder to roll in. Repeat for other side.
Hold for 15 seconds

