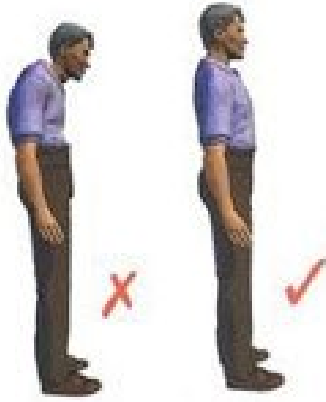


Proper Posture



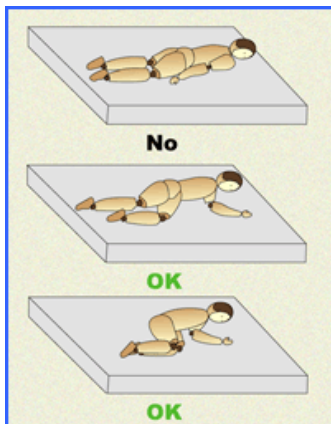
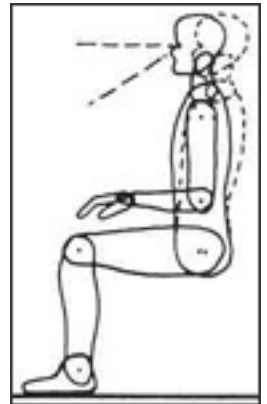
Unexplained pain with any part of your body could be due to your posture. Posture is proper alignment of your spine during a variety of activities. Your spine is an essential part of your body. Your spine goes from your head to your tailbone and is important for keeping your body moving. If your spine is in the wrong position it not only has effects on the muscles and bones of your back, but also the muscles, nerves, and joints of your arms and legs. Slouching or slumping can cause long term injuries to your discs and nerves. Improper posture can start with low back pain which could turn into long term pain and time off from your daily activities. Here are some keys to proper posture for a variety of positions.

Standing:

When looking at your standing posture you want everything to be equal, front and back, and side to side. There should be a straight line through your spine with your chin slightly tucked, shoulders back, low back arched, and proper alignment of your hips, knees, ankles, and feet.

Sitting:

Follow the same advise as standing, with a gentle curve in your back with no slumping or slouching. A firm back chair is the best. Sit with your entire spine in contact with the chair back. Pillows or cushions may be necessary for more comfort. Feet should be flat on the floor or on a foot rest directly in front of you with your knees at a 90°. Arm rests are suggested to help support your neck and shoulders.



Lying down:

A firm surface allows more support for the spine to stay in a neutral position. Your pillow should not increase the angle of your head and should not put increase strain on your neck. Pillows can become harmful and should be replaced from time to time. Sleeping with a pillow under or between your knees will help with spine alignment while sleeping, and sleeping on your stomach should be avoided.

Practice these positions for all of your daily activities to help reduce low back pain.

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