

POSTURE

May is Good Posture Month

POSTURE IS IMPORTANT

Maintain good posture is essential for our spine health and can significantly impact the way we feel. Poor posture that goes untreated can eventually affect our ability to do the things we love or make performing simple tasks incredibly difficult.

One of the biggest contributors to poor posture is being sedentary. Many times, we are sitting at a desk for 8 hours a day; one of the best things we can do for our posture is getting up to move. Stretches and “deskercises” are good ways to keep your posture in check when we need to sit for long periods of time.

BETTER POSTURE WHILE...



STANDING

- Put your chin in and keep your head up
- Keep your earlobes in line with the middle of your shoulders
- Keep shoulder blades back and chest forward
- Keep your knees straight and tuck in your stomach
- Extend your head towards the ceiling



SITTING

- Place your shoulders back and your back straight
- Evenly distribute your body weight on both hips
- Bend your knees at a right angle and keep your feet rested flat on the floor
- Adjust chair height to sit close to your workstation
- Do not twist at the waist to grab something, turn your entire body
- Avoid sitting in the same position for more than 30 minutes