

Good Posture Means a Healthy Back

What is good posture?

It is posture in which you hold your body upright against gravity while standing, sitting or lying down. Good posture is the position which is attained when the joints are not bent or twisted and the spine is aligned. Maintaining good posture involves training your body to move and function where the least strain is placed on bones, joints and soft tissues.

What can good posture do for you?

- Optimize breathing and circulation
- Maintain the bones and joints in the correct alignment
- Ensure muscles are being used properly and efficiently
- Reduce or prevent the abnormal wearing of joint surfaces that could result in degenerative diseases, such as arthritis
- Decrease the stress on the soft tissues (ligaments, muscles, tendons and discs)
- Prevent the spine from becoming fixed in abnormal positions
- Prevent fatigue because muscles are being used more efficiently, allowing the body to use less energy
- Prevent neck or back pain
- Prevent muscle fatigue
- Contribute to a healthy image or appearance



How do I know if I am sitting correctly?

- Keep your back straight, maintain all 3 natural curves in your spine
- Distribute your weight evenly on both hips
- Keep your head and neck aligned over your shoulders
- Sit back in your chair; your back should be supported by the seat back
- Adjust your chair height so that your hips are slightly higher than your knees
- Be sure your feet are supported by the floor or a footrest
- Avoid sitting for long periods of time; get up from your chair at least once every hour
- Do not twist or bend your back from a seated position