

TIPS FOR GOOD POSTURE

- Change position often
- Walk with a good posture
- Wear comfy and supportive shoes.
Avoid continuous use of high heels.
- Keep your weight down and try to exercise regularly.

Good posture doesn't come overnight.

You have to work at it.

Remind yourself throughout

the day to correct your

posture.

GOOD LYING POSTURE

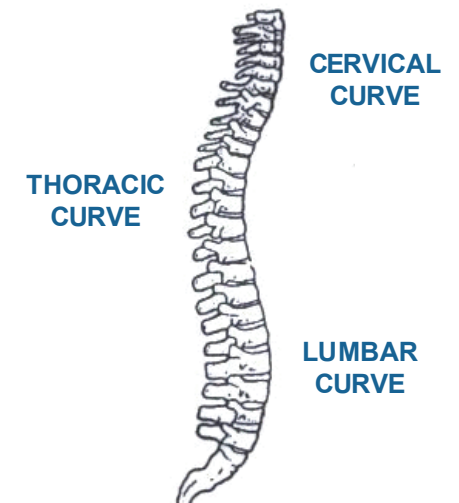


- Ideally the spine should be kept in a straight line
- Your mattress should be firm and supportive
- Pillows may help you achieve this position

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Edinburgh Community Physiotherapy Service
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Posture

SPINAL CURVES



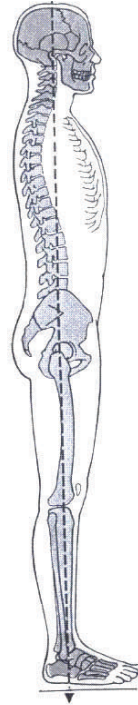
GOOD POSTURE IS IMPORTANT

If you have poor posture

- Your bones are not properly aligned.
- More strain is felt in your muscles, joints and ligaments.
- You may feel muscular strain, tiredness and pain.
- Your muscles, tendons and ligaments may shorten into this bad posture. This may then make changing and holding good posture harder work.

If you improve your posture you can improve the condition of your spine, joints and muscles.

GOOD STANDING POSTURE



- Imagine a string attached to your head, pulling upwards.
- Weight bearing equally on both feet.
- Knees relaxed.
- Shoulders squared, not rounded forwards.
- You should be aware of a small hollow in your low back.

GOOD SITTING POSTURE



- Sit well back in the chair making sure your low back is well supported.
- A rolled towel in your lower back may help you keep this posture.
- Imagine a string attached to your head, pulling upwards.
- Shoulders slightly back and down—to relax the upper muscles.
- Thighs should be supported and feet flat on the floor.
- Do not cross your legs or lean to one side.
- Sitting on a slight slope—so that your hips are higher than your knees—may help you keep this posture.