

Sit and stand tall! What is 'perfect' posture?

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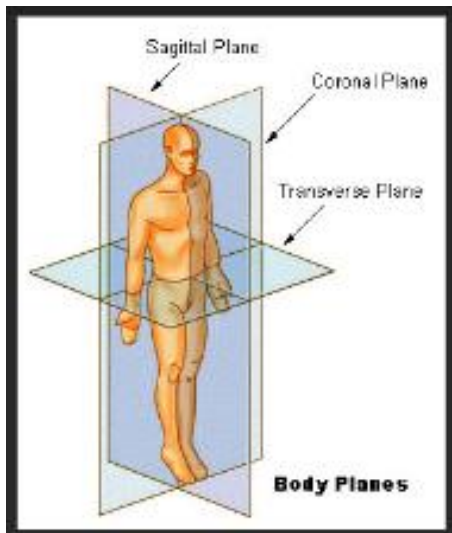
Do you feel you have 'poor' posture? (I do)
Have you been told to stop slouching? (I have)
Are you aware of your posture all the time? (I'm not)

Everyone talks about posture, but WHAT is it??

Posture is the natural way in which a person holds their body. This is heavily influenced by the musculoskeletal system which includes bones, ligaments, muscles and tendons. You have both STATIC and DYNAMIC posture. Static is your position while at rest, and dynamic is how you hold your body while moving. There is no such thing as perfect posture, but there are recommendations based on our anatomy.

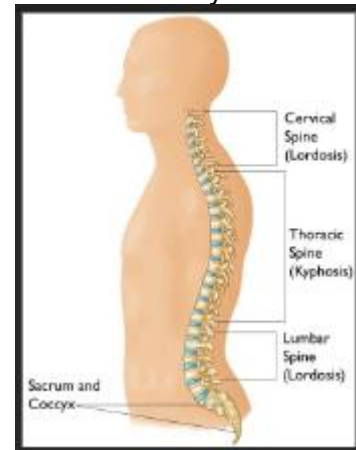
There is no getting around that maintaining posture is just plain HARD! We have the force of gravity pushing down on us, we usually have muscle imbalance present, weak cores, and let's be honest.....adults and children alike DO NOT MOVE as often as we should.

We are also busy, and are not always 'aware' of our position.



Also, spoiler; there is no 'perfect' posture. Based on our anatomy I would say there are 'ideals', but everyone has a posture and position that is UNIQUE to them. When referring to posture, we

can divide the body into 3 “planes”. Variation any of these planes has the ability to transmit



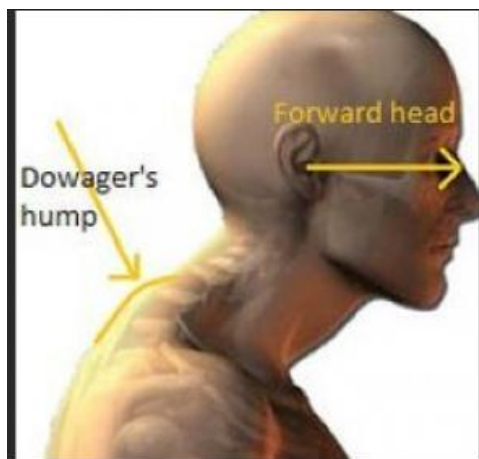
excess strain to stress to regions around that area of the body.

The spine has “normal” curves that are seen in the sagittal view. The neck and lower back region have lordosis while the thoracic spine, or mid-back, has kyphosis.

Within the frontal plane, we should not be able to observe excessive side bending, and in the transverse plane, we should not observe excessive rotation.

Some quick pointers for maintaining posture are :

- Keep head over shoulders
- Keep hips in line with knees
- Strive for even weight bearing between your legs
- Supportive shoe wear is always helpful



It is easy to fall into postural habits, especially those that involve a forward head and rounded shoulders. Did you know that your head weighs on average 10-14 pounds?! With every additional inch forward that your head travels, an additional 10 pounds is added to the overall head weight!

Below are 4 stretching that you can try for improving and maintaining your posture

Chin Tuck

Chin Tuck



Sets: 1 Reps: 10 Resistance: -- Hold: 5 Rest: -- Times Per Day: --
Times Per Week: --

Description:

Start by sitting or standing with back straight. While staring straight forward, pull your head backwards using the muscles in the front of your neck. Keep your head level with the floor at all times. Avoid tilting your head either upward or downward while pulling backwards. Hold as indicated. Repeat as indicated.

Scapular Retraction

Scapular Retractions Arms at Side



Sets: 1 Reps: 10 Resistance: -- Hold: 5 Rest: -- Times Per Day: --
Times Per Week: --

Description:

Begin by sitting with your back straight and your arms at your side. Slowly pinch your shoulder blades together. Return to starting position. Repeat as directed.

Chest Stretching

Bilateral Pec Stretch in Doorway



Sets: 1 **Reps:** 3 **Resistance:** -- **Hold:** 30 **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

Begin standing with a doorway about 1-2 feet in front of you. Bend the elbows of both arms to 90 degrees, raise both arms so the upper arms are parallel to the floor, and place your forearms on either side of the doorway. Step forward with one foot so that it is on the other side of the doorway. Slowly shift weight onto front foot until you feel a stretch in your chest. Hold as indicated.

Thoracic spine extension

Seated Thoracic Extensions



Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

While seated in a high-backed chair, place a half foam roll at the level of your upper back and gently lean your back against it, arching backwards over the foam roll and chair back. Hold as directed. Repeat as directed.

Postural changes and deficits can lead to muscular imbalance as well as joint mobility limitations and over time can contribute to neck, mid-back, or lower back pain as well as headaches.

Posture can be changed!

- Be active! Move often!
- Be aware!
- Strengthen the core
- Stretch and strengthen muscle imbalances

If you have questions, Connect Physical Therapy is always here to help!