



QUIT YOUR SLOUCHING! HOW TO FIX BAD POSTURE

HOW SLOUCHING HURTS YOUR BODY

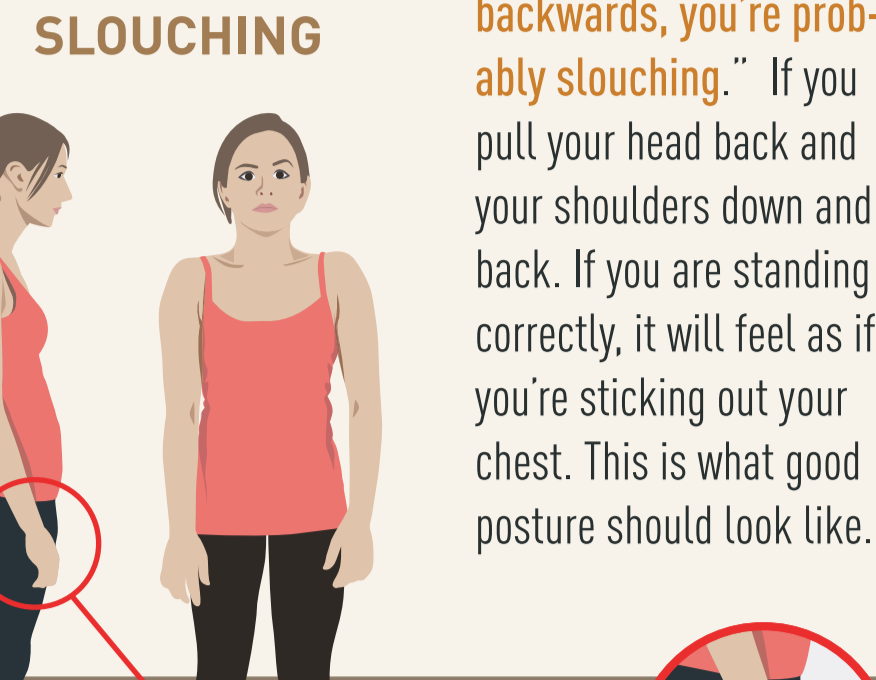
Slouching is described with your hold your shoulders and upper back in a rounded position. It can often lead to pain in your back, neck, and shoulders.



In addition to pain and tension in the shoulders, chronic bad posture can also lead to headaches.



Other symptoms include gastrointestinal reflux, fatigue and the inability to breathe deeply.



CHECK YOURSELF OUT IN THE MIRROR

Look at your palms in the mirror. Good posture will show them facing your thighs with the thumbs pointing ahead.

GOOD POSTURE



SLOUCHING



"But if your palms face backwards, you're probably slouching." If you pull your head back and your shoulders down and back. If you are standing correctly, it will feel as if you're sticking out your chest. This is what good posture should look like.

TRY TO SIT PROPERLY

SITTING IN THE CHAIR



If you sit **too far forward**, there's pressure placed on the pubic bone.



If you sit **too far back**, there's pressure on the tailbone.



Sit all the way back in your chair. Find the **middle range** by

1. Keeping your feet flat and
2. Centering your weight with your buttocks and pubic bone creating a triangle

SITTING ON BLEACHERS

On bleachers, **keep the triangle position in place**, which will naturally align everything (stadium chairs don't help much, so get up and move around every so often).



IN THE CAR

While riding in the car, adjust the seat or **use a small pillow** behind your lower back to support your lower back.



TRY TO WORK FROM A BETTER POSITION



When Working at a desk or computer, there is a natural tendency to lean forward, which puts a strain on your back.

1. Always try to Sit back in your chair and **use a lumbar pillow for support**.
2. Keeping your **knees slightly elevate** instead of slanting them downward will help.
3. Place your monitor about an **arm's length away**, with the **top of the screen at eye level**. This will keep you from having to look up to see it.



When using a laptop, always try to attach an external monitor and/or keyboard to prevent hunching. A phone headset can be used to avoid straining your neck.

TRY TO GET FLEXIBLE

Start to Include stretching in your exercise program. Stretch to relieve specific areas of discomfort several times a day. Try this easy stretch for neck and shoulder stress:



1. While standing or sitting - **pull your head back** to the center over your spine.
2. Once centered, **pull your shoulders back and down**, moving your arms as if you're trying to put your elbows in your back pocket.
3. Turn your forearms and **push palms outward**—as if you're inside a door frame—and hold for at least 10 seconds. Try to do this a few times every hour you're sitting at your desk.

TRY TO STRETCH WHEN YOU GET UP



1. Place your **hands on the small of your back** so that your fingers point down toward your waist (Best when done standing with feet slightly apart).
2. Then **lean back as far as you can**, holding a few seconds while you pull your shoulders back; repeat.
3. If possible, lie on the floor face down and **raise yourself up on your elbows**.
4. While on your elbows, **let the lower back sag toward the floor**. Hold; then repeat.

TRY TO STRENGTHEN YOUR CORE

The **core** refers to the **entire area from under the rib cage to mid-thigh**, not just the abs. All of these muscles work together to help you sit and stand tall.

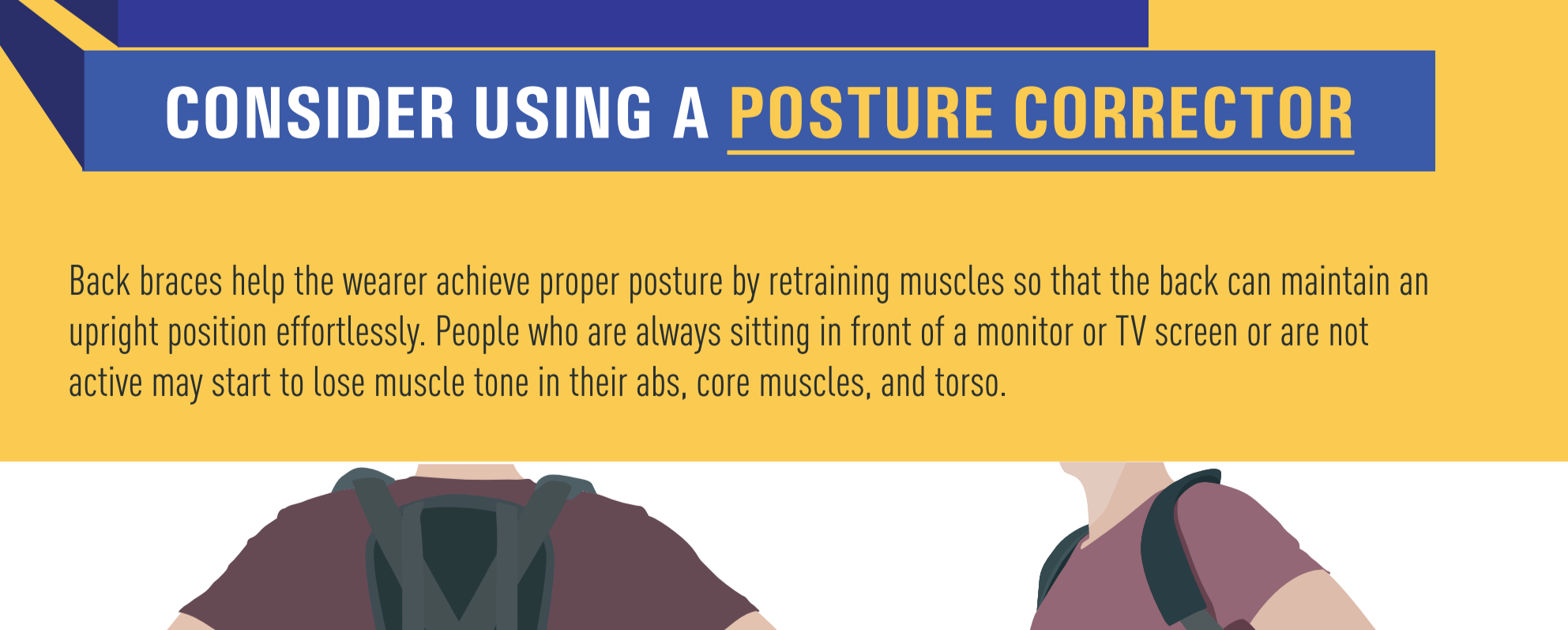


Doing **Yoga or Pilates** can help improve **core strength** because they help you do controlled movements to hold positions.



1. Lie on your back and lift your legs off the floor while you bend your knees (Think of putting your feet flat on a wall).
2. From here - pull in abs and extend one leg straight. Try to keep your back flat and the other knee bent.
3. Bring the first leg back, pause, and then extend the other leg; repeat.

TRY TO WATCH YOUR SLEEP POSTURE



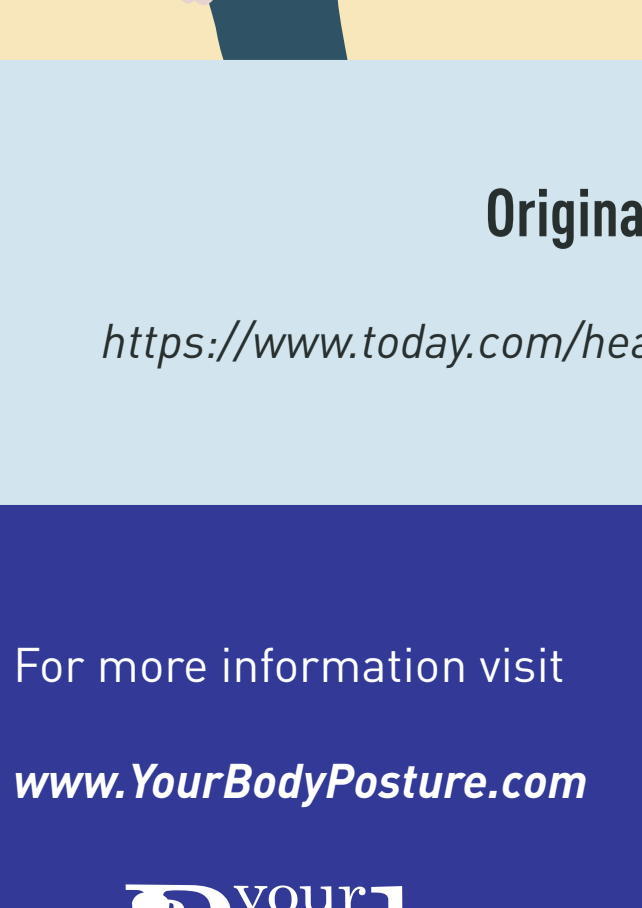
Always **use a pillow that keeps your spine aligned**, especially if you're a side sleeper so that your neck isn't held at an awkward angle.

When you lie on your side, your top knee tends to drop which pulls down on your back, so **try placing a pillow between your knees** to stay more aligned.



If you are a back sleeper - **place a pillow under the knees** to open up the joints of the spine. Always try to avoid sleeping on your stomach, as it creates a lot of strain on your neck.

TRY TO LIFT THE RIGHT WAY



When lifting heavier objects, bad posture can cause you to injure your back.

The **most dangerous position** is when you are **bending forward and twisting** because there's nothing supporting the spine in that position.



When you lift, try to **stand directly in front of the object** (not to the side).

Always place your feet slightly wider than your shoulders and then **squat from the knees**, this will allow to use the **gluteal muscles** to lift.

If the object is heavy, **exhale while lifting** while **pulling in your stomach**.

When picking up smaller items, such as balls or toys, bend at the waist, keeping your head and back straight while extending one leg off the floor straight behind you.

ALWAYS BE WARY OF OTHER BAD POSTURE HABITS

When it comes to lugging backpacks and purses, there's no way to maintain good posture, especially if they're loaded up.

So try to **limit how much you carry**, and choose **cross-body bags** to distribute weight more evenly.

As for high heels, they throw you forward and put a strain on the lower back. Limit how often you wear them.

If you need to do a lot of walking or standing in heels, **opt for lower heels (2" or less) or wedges**.

BONUS / EXTRA

CONSIDER USING A POSTURE CORRECTOR

Back braces help the wearer achieve proper posture by retraining muscles so that the back can maintain an upright position effortlessly. People who are always sitting in front of a monitor or TV screen or are not active may start to lose muscle tone in their abs, core muscles, and torso.

Using the back braces helps to rebuild the muscles which help you to stand in an upright position. The braces may also be ideal for individuals who have been slouching or slumping for many years.

As the back brace is supporting your back, it will also pull the shoulders back in alignment at the same time. There are different braces in the market, allowing you to pick the one that provides a solution for your problem.

Original sources for the published content:

<https://www.today.com/health/quit-your-slouching-how-fix-bad-posture-1D80232323>

For more information visit

www.YourBodyPosture.com

or join us on:

