

HOW TO PREVENT A HUNCHBACK

A Step By Step Guide

Although developing a hunchback is traumatic, there are several steps on how one can avoid getting a hunchback. These steps include doing the right exercises and changing your lifestyle to reduce the risk of getting a hunchback.

The following are some tips on how to prevent a hunchback:

01 Sit correctly



Normally, stretching your neck forward places a lot of pressure on your back muscles and this results in a hunchback. A good ergonomic chair can be a solution to your sitting position problems.

If you have a good [ergonomic chair](#), always try to keep your back aligned with the chair to avoid leaning forward. In addition, keep both of your feet on the ground always to have your back well aligned with the chair. If your legs can't reach the ground, a footrest can be an option.

Just like sitting correctly, you should stand up straight to avoid getting a hunchback. If you bend your spine forward for an extended period of time, you may develop a permanent hunchback.

02 Stand up straight



03 Decrease the risk of getting osteoporosis



[Osteoporosis](#) is a condition where the bones become extremely porous and prone to fracturing. If you have osteoporosis you are more vulnerable to getting the hunchback because your bones are weak. You should, therefore, decrease the risk of getting osteoporosis by not smoking and not drinking alcohol or coffee.

[Calcium](#) and phosphorus from foods help strengthen the bones and prevent osteoporosis. To avoid having a deficiency of either, you should intake at least 100 milligrams per day of the minerals. However, post-menopausal women are recommended to take 1500 milligrams of calcium instead. You can get calcium from foods like milk, yogurt and cheese.

04 Get enough calcium



05 Practice some yoga



Practicing [yoga](#) is an effective way of relieving back pain and correcting posture. Yoga is beneficial in developing a good body posture, improving balance, and strengthening the core muscles in the body, which helps to properly align the body. If you practice yoga frequently, you stand a chance of reducing the possibility of getting a hunchback.

A [back brace](#) pulls the shoulders and back muscles to keep your spine upright. The main objective of using a back brace is to straighten your spine to have a good posture. As you can easily increase the tension of the back brace, you can adjust the back brace accordingly to get a permanent straight back.

06 Use a back brace



07 Do head retraction exercises



There are numerous videos and guides online that explain how you can perform [head retraction exercises](#). Target specifically the forward head posture because it contributes to a hunched back.

Head retraction exercises help your head position itself optimally with respect to your spine and enable you to have a good posture. This prevents you having a hunchback.

When chest and spine muscles are short and tight due to a lack of [exercises](#), your back muscles are not able to hold your spine in the right position resulting into a rounded back and a hunch back. You should, therefore, do [stretches](#) that target both your chest and back to increase mobility and prevent a hunchback.

08 Improve your chest and back mobility



[Neck pillows](#) can offer required support to your spine and head. It is highly recommended that you use the right pillow suited to your height and weight.

Besides getting the right pillow, how you utilize the pillow while sleeping can make all the difference. You should place your pillow below your head and neck and not below your shoulders!

When the pillow is below your head and shoulders, it helps free your back muscles from any form of pressure and helps the muscles straighten.

09 Sleep on a contoured neck pillow



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