

SITTING POSTURE



Poor posture typically has a forward head, rounded forward shoulders and a rounded forward spine. This is how most of us sit in our laptop cradling society. Cell phones, driving in cars and spending hours in front of a computer have rounded our shoulders and moved our head forward. This makes it a lot more difficult on those stabilizer muscles in the upper back, shoulders and neck.

Good posture demonstrates ears in line with the shoulders and hips. It is your tallest position with your feet flat on the ground. In this position your bones do the work of maintaining your posture, not your muscles. This decreases the strain, wear and tear, and helps to decrease the pain and spasms in your muscles.

STANDING POSTURE



Poor posture typically has a forward head, rounded forward shoulders and a rounded forward spine.

Instead, demonstrate good posture by raising your breast bone towards the ceiling and bringing your ears in line with the shoulders, hips and ankles. It is your tallest position and keeps the pain away!