

BALANCED POSTURE

Balanced posture is the position that causes the least amount of stress on your body.

Good posture has never been more important

In the world of postural analysis, one way to determine balanced posture is to see if your head lines up directly over the shoulder. The external auditory meatus (the outside opening to your ear canal) lines up directly over the acromioclavical (AC) joint on the top of the shoulder.

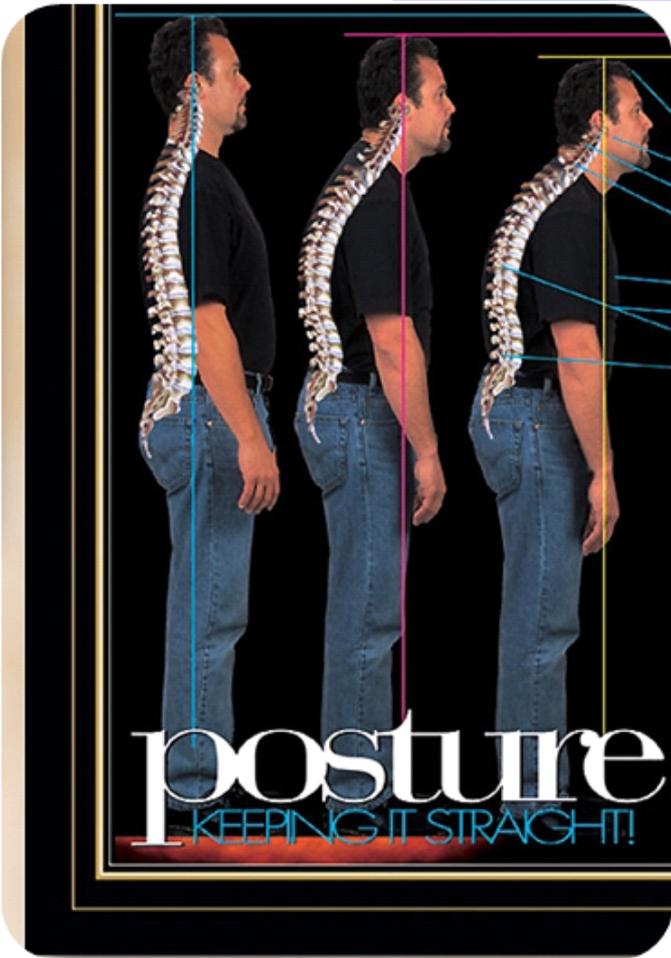
Research reveals that for every inch your head is held in front of the balanced posture line, the weight of the head perceived by your neck muscles will increase by 10lbs.

Therefore, if you have a balanced posture, your neck muscles need enough strength to hold up the 10-12lb.

If your posture was off balance, and your head is held in front of the line, even just an inch in front, you are adding an extra 10lb of additional stress on the neck and muscles!

The weight will increase 10lb every inch your head sits in front of the line..

Our neck muscles were not created to hold up that much weight, and under this amount of stress they will often spasm or become extremely tight - a very common cause of headaches



Prolonged sitting posture

Prolonged sitting in poor posture impacts how well our body is able to function which can lead to breakdown and back pain.

Too much sitting proves to be detrimental to the discs in your spine that allow proper shock absorption and flexibility.

The average person spends 9.5 hours sitting a day

We can reduce the negative effects of sitting by ensuring our sitting posture is correct (see reverse side to find out how you can do this!)

Signs of poor posture

- BODY WEIGHT CENTRES OVER THE BALLS OF YOUR FEET
- SWAY BACK (AN EXAGGERATED CURVE IN YOUR LOWER BACK)
- SLOUCHING FORWARDS
- INCREASED ROUNDNESS OF THE MIDDLE AND UPPER BACK
- SHOULDERS ROUNDING FORWARD
- HEAD FORWARD WITH CHIN POKING

COMPUTER AND DESK STRETCHES

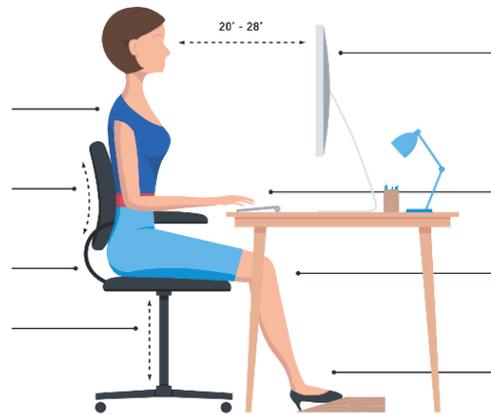


Take a break during your work day and give your body a simple stretching routine.



PROLONGED SITTING AT A DESK OR COMPUTER CAN CAUSE TENSION AND PAIN. BY TAKING A FIVE OR TEN MINUTE BREAK TO DO A SERIES OF STRETCHES, YOUR WHOLE BODY CAN FEEL BETTER. THIS WILL HELP GREATLY IN REDUCING AND CONTROLLING UNWANTED TENSION AND PAIN.

CORRECT SITTING POSTURE



Top of monitor at eye level or slightly below.

Arms relaxed at sides with upper arm and lower arm forming a 90° angle. Wrists straight with fingers relaxed.

Lower legs at a 90° > 110° angle to thighs with adequate legroom above.

Feet flat on the ground or resting on a footrest.

Upper back straight with shoulders relaxed at sides.

Backrest of the chair supports curve in the lower back.

Hips as far back on the chair as possible.

Adjustable seat for optimal height.

Triceps and Shoulder Stretch

Reach behind your head with elbow bent. Use opposite hand to push downwards on elbow so that your hand moves further down your back. Repeat for other arm. Hold stretch for 15 seconds



Chest Stretch

Bend elbows and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway. Hold for 15 seconds



Shoulder Stretch

FRONT: interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach forward. Hold stretch for 15 seconds



Wrist/Forearm Stretch

With a straight elbow and palm facing upwards, pull hand downwards to stretch the front of your forearm and wrist. Then turn hand over so that your palm is facing downwards and pull hand downwards to stretch the back of your forearm and wrist. Repeat for other arm. Hold both for 10 seconds



Buttocks Stretch

Sitting on a chair, position right ankle on left knee. Place hands on right lower leg and slowly bend forwards towards legs. Keep back straight. Repeat for other side. Hold for 15 seconds



Shoulder Pull

Grab under your right upper arm and pull the arm at shoulder height across your chest. Repeat for other shoulder. Hold stretch for 15 seconds



Quadriceps Stretch

Support yourself with left hand on a wall. Grasp left foot with right hand and gently pull heel towards buttocks. Repeat for right side. Hold for 20 seconds



Shoulder Stretch

BACK: interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back. Hold stretch for 15 seconds



Side Stretch

While standing, slide right hand down right leg as far as possible, ensuring you are facing straight ahead. Repeat for opposite side. Hold for 15 seconds



Biceps Stretch

Hold onto a door frame at arms length, thumb down. Turn the body away from arm and allow your shoulder to roll in. Repeat for other side. Hold for 15 seconds

