

Physical Therapy Department

What to Know and Do . . .

About Good Posture

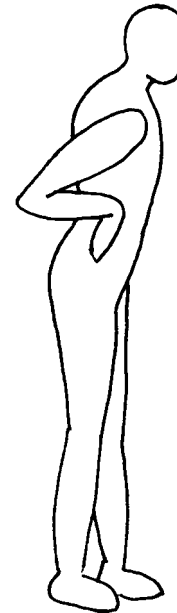
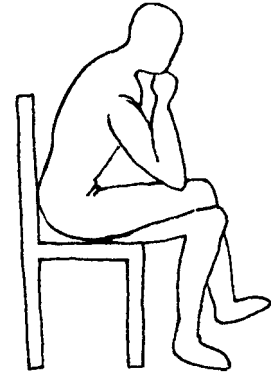
- **To look better**
- **To feel better**
- **Includes a checklist to help you judge and improve your posture.**



THIS IS BAD POSTURE:

Sitting

1. Is your head thrust forward?
2. Are your shoulders rounded?
3. Is your low back rounded?
4. Is your buttocks slipped forward in chair?
5. Are your legs crossed?



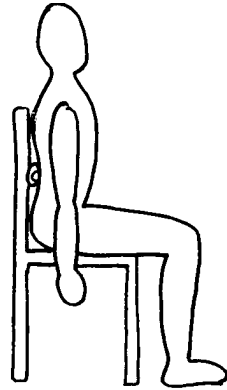
Standing

1. Is your head thrust forward?
2. Are your shoulders rounded?
3. Is your low back swayed? (large hollow in low back?)
4. Are you standing with weight on mainly one leg?

THIS IS GOOD POSTURE:

Sitting

1. Is your head held high above body?
2. Are your shoulders straight and chest held high?
3. Is there a small hollow in low back? (Rolled towel helps support low back.)
4. Is your buttocks to the back of the chair?
5. Are your legs uncrossed; are your feet on the floor, hips and knees bent to 90°?



Stabilization Exercises

Begin with this exercise:

Neutral



Purpose: To place your back in proper alignment.

Exercise: Simultaneously squeeze your buttock muscles and tighten your abdominal muscles. Breathe normally.

Hold position for _____ counts.

Repeat _____ times.

Progress to this exercise after one week:

Neutral - Standing

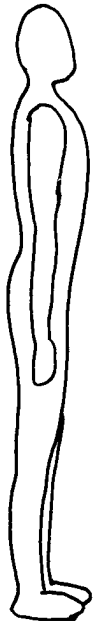


Purpose: To learn how to maintain good spinal alignment while upright.

Exercise: Perform neutral as it is described above.

Hold position for _____ counts.

Repeat _____ times.



Standing

1. Is your head held high above body?
2. Are your shoulders straight - chest high?
3. Are you in the **pelvic tilt** position? (Refer to exercises.)
4. Are you standing with weight evenly distributed on both feet, with slightly bent knees?
5. Straight line should run through ear lobe, shoulder joint, hip joint, knee joint and ankle joint.

Your Goal is to continue with this exercise:

Neutral - Walking



Purpose: To learn how to maintain good spinal alignment while walking.

Exercise: Stand against a wall and perform neutral as described above. Now walk across the room as you **HOLD NEUTRAL**.

Repeat _____ times.