

Posture

Hi everyone! I hope you are all well and have had a good week ☺.

Some of you I have already met! My name is Siân Bonney and I took over Jacky Hewson's Physiotherapy Practice in November last year.

I have decided to start a newsletter with some conditions that are quite common. I will give some advice, exercises and explanations on why these conditions occur. If you however struggle with any of these conditions, please do not hesitate to contact me.

One of the most common problems I see is **POOR POSTURE**....

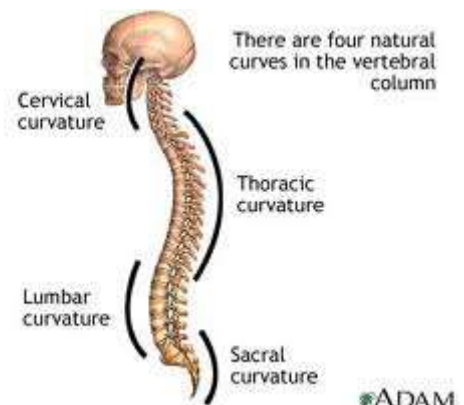


❖ A good Posture is very important in sitting, standing and walking.

- It prevents back pain
- It prevents fatigue
- It provides stability and support to the spine
- It prevents shallow and tense breathing pattern

❖ There is lots of evidence that sitting in a poor posture position for prolonged periods at a time, whether at your desk or in your car, results in neck, shoulder, low back pain and headaches.

❖ Our spines have 4 natural curves that make an S-shape when viewed from the side. These curves are designed to **absorb shock and keep you balanced**. With bad posture, excessive pressure is placed on the spine and this changes the natural curves of the spine, which reduces the shock absorption and balance properties of the spine.



❖ The most common negative effects of poor posture are:

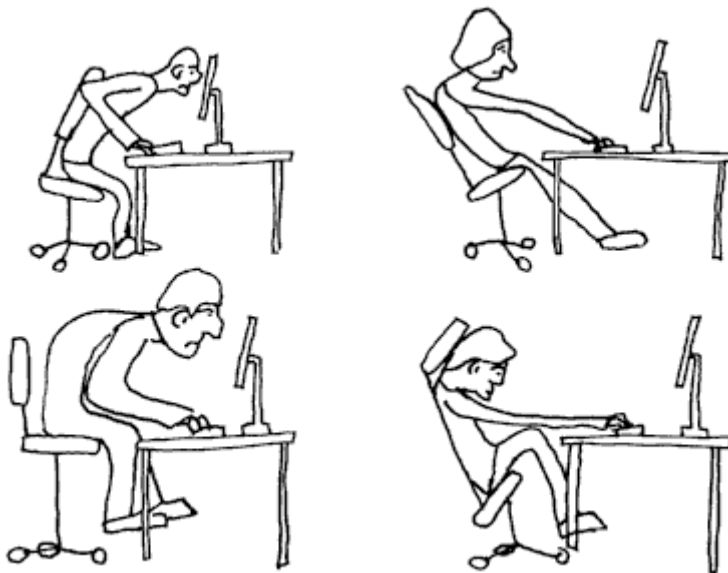
- Painful muscles.
 - Slouching makes the muscles work harder to protect and stabilize the spine.
 - This extra workload causes muscles fatigue and tightness leading to chronic issues from the neck to the lower back.
- Pinched nerves.
 - This can also result in referral of pain to unrelated areas of the body.
- Poor breathing patterns.
 - A slouched position decreases the space for the lungs to expand and causes shallow breathing.

❖ Most of us have jobs where we need to sit for extended hours at a time. The suggested sitting time is no longer than 20 – 30 minutes at a time. This can seem impossible at times when you have tons of work to get through and deadlines to make.

❖ How to Identify if you have poor posture:

1. Rounded, elevated shoulders
2. Forward head position
3. Forward tilting hips
4. Protruding stomach

IS THIS YOU?



❖ Here are a few suggestions to help you prevent pain from sitting:

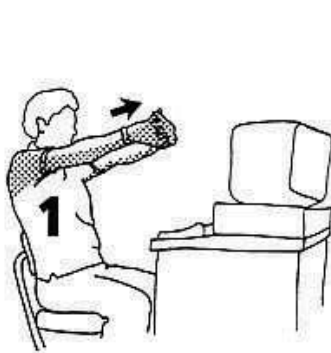
1. Check your ERGONOMICS!



Picture courtesy of Ergotherapy Solutions www.ergotherapy.co.za

1. Feet rested flat on the floor.
2. Hips slightly higher than knees.
3. Seated as far back in the chair as possible.
4. Armrests that allow your elbows to be at 90° and shoulders relaxed.
5. Top most line on monitor display at approximately eye level.
6. Viewing distance an arm's length away.
7. Keyboard in close proximity. Keeping shoulders relaxed and wrists in line with your forearms.
8. Keep mouse in close proximity and in line with keyboard.

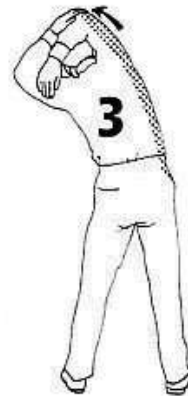
2. Try this Desk WORKOUT



10-20 seconds
2 times



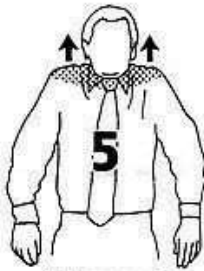
10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



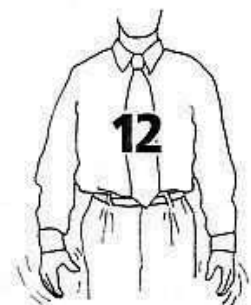
8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

3. Take frequent breaks to stand up and move

If you have any questions regarding posture or would like to make an appointment, please do not hesitate to contact me physiobonney@gmail.com .

Please go to facebook and like my page :)



And check out my new website and let me know what you think! www.sianphysio.co.za