

Benefits of Good Posture

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Posture

Stresses on body

Poor Posture

Spines

Babies

Good Posture

- The way you hold your body when sitting or standing
- Sitting in awkward position, carrying weight
- Gravity - Daily stress on the body If you don't have good posture your body needs to work harder to upright and balanced
- Movement your body makes can determine how well your body adapts
- Muscles become tight and not flexible
- inflicts extra wear and tear on your joints and ligaments, makes some organs, like your lungs, less efficient.
- linked poor posture to scoliosis, tension headaches, and back pain
- influence your emotional state and your sensitivity to pain.
- Sitting in a chair for too long
- Peoples posture is getting worse due to computer use, mobile devices – looking down
- sitting, your neck should be vertical, not tilted forward
- S- Shaped spines - curves help us stay upright and absorb some of the stress from activities like walking and jumping
- Look at the spine from the front or the back, all 33 vertebrae should appear stacked in a straight line - From the side spine should have three curves
 - one at your neck,
 - one at your shoulders,
 - one at the small of your back
- Babies are not born with an S-Shaped spine – C-Shaped spine - other curves usually develop by 12-18 months as the muscles strengthen
- aligned properly, when you're standing up, you should be able to draw a straight line from a point just in front of your shoulders, to behind your hip, to the front of your knee, to a few inches in front of your ankle - keeps your center of gravity directly over your base of support, which allows you to move efficiently with the least amount of fatigue and muscle strain.
- Shoulders relaxed arms close to body
- sleeping on your side with your neck supported and with a pillow between your legs
- Wear shoes with low heels and good arch support
- headset for phone calls
- moving muscles and joints is important
- being stationary for long periods with good posture can be worse than regular movement with bad posture.
- When carrying anything keep in close to your body.
- Backpacks should be in contact with your back symmetrically
- Keep moving

Summary:

Posture is extremely important, taking note of your posture as much as you can, will help in the long run. Poor posture can cause long term issues on you physically as well as mentally. Over time people's posture is getting worse to due computer use, as well as mobile devices. When sitting try to make your neck virtual not leading forward. Spines are in a "S" shape to help absorb stresses. When babies are born their spines are "C" shapes but over time the other curves develop within 12-18 months. To make sure you are using good posture you should be able to draw a straight line from a point just in front of your shoulders, to behind your hip, to the front of your knee, to a few inches in front of your ankle. Try to keep your center of gravity centered, with arms relaxed and close to your body. Wearing low heels with a good arch, using head sets and making sure you move often is extremely important. Even while you sleep you should be supporting your neck on your side with a pillow between your needs.