# SITTING POSTURE

Correct posture is important because it can improve mood, decrease pain, improve breathing, and ease movement. Correct posture is also good prevention. If your bones are not properly aligned, your muscles, joints, and ligaments take more strain.

The curves in your back work together like a spring to absorb the forces on your body when standing, sitting, and walking.

A healthy back has three natural curves and good posture helps keep these natural curves:

1. An inward curve at the neck (cervical curve).
2. An outward curve at the upper back (thoracic curve).
3. An inward curve at the lower back (lumbar curve).
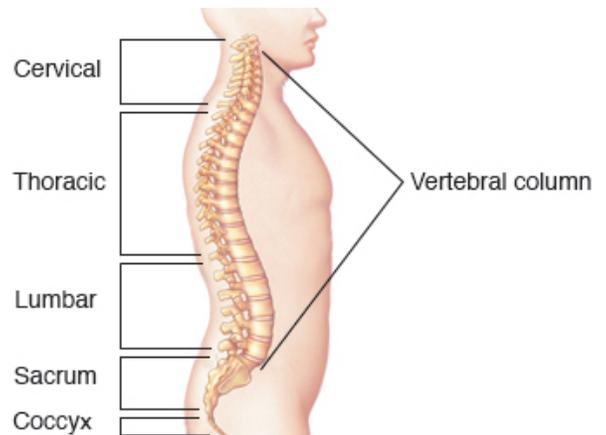
(Source: Cause of Back Pain)[1]

Tips for Sitting Posture

1. Sit with back firmly against chair; chair should be low enough to allow placement of both feet on the floor
2. Support elbows with arm rest
3. Your torso and neck are approximately vertical and in line.
4. Thighs are approximately horizontal.
5. Lower legs are vertical.
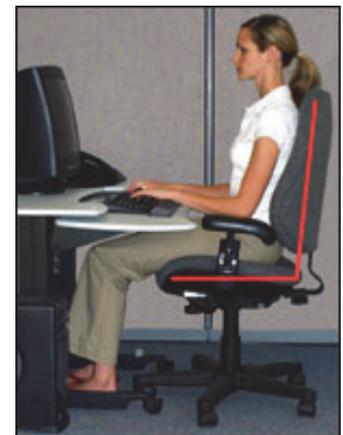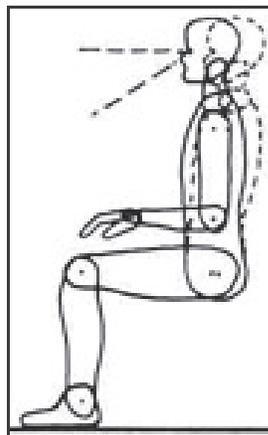
(Source: Computer Workstations eTool: Upright Sitting)[2]

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[1] Mayo Clinic. *Slide show: Causes of Back Pain*. N.d. Images. Viewed 1 October 2015.
< http://www.mayoclinic.org/diseases-conditions/back-pain/multimedia/back-pain/sls-20076225>
[2] OSHA. *Computer Workstations eTool: Upright Sitting*. N.d. Images. Viewed 1 October 2015.
< https://www.osha.gov/SLTC/etools/computerworkstations/positions.html>