

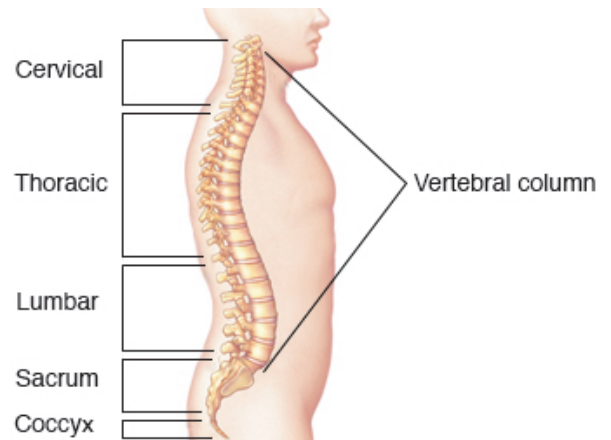
STANDING POSTURE

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:

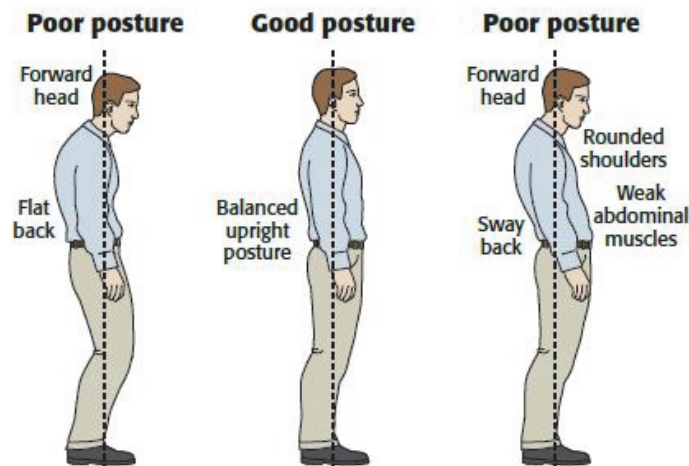
1. An inward curve at the neck (cervical curve).
2. An outward curve at the upper back (thoracic curve).
3. An inward curve at the lower back (lumbar curve).



(Source: Cause of Back Pain)¹

Tips for Standing Posture

1. Stand with your weight evenly on both feet.
2. Rotate your arms so your palms are facing forward. You should feel your shoulder blades move closer together.
3. Tuck your chin.
4. Try to align your earlobes directly over your shoulder like in the middle picture below.



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> >