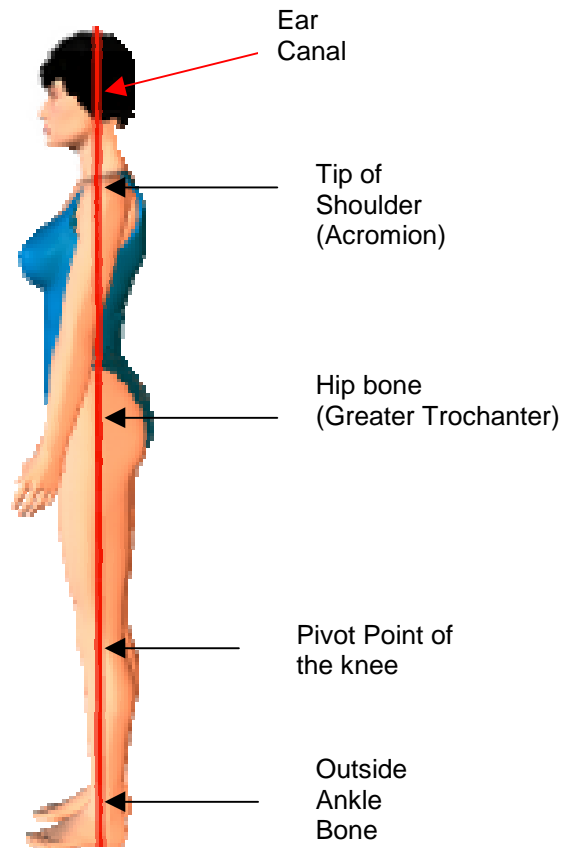


Proper Standing Posture

The Definition of Proper Posture

Growing up your parents and teachers told you to “stand up tall” and to “watch your posture.” But what did this mean. Here is a drawing of “ideal” posture. The plumb line goes down from the ear canal through the tip of the shoulder (called the acromion), is just in front of the vertebrae of the middle back and just bend those of the lower back, down through the hip bone (called the greater trochanter), through the pivot point of the knee and finishes at the ankle bone (called the lateral malleolus).



As mentioned above, this is ideal posture. With ideal posture your 12-15 pound head sits on top of your shoulders, like a golf ball on top of a tee. It is balanced with minimal demand on your neck muscles for support. However, with a head-forward posture, the weight of your head is falling forward. Head-forward posture is especially common when sitting. This puts a greater demand on the neck muscles and can eventually lead to neck pain.

Some may be born with head-forward posture, or an increased curve in the low back, or a flat back. As with the head and neck, increased or decreased postural curves of the low back can put additional stresses on this area as well. Though you may never achieve ideal posture, some simple/regular stretching and strengthening can go a long way toward improving your posture.

Consult your rehabilitation specialist for the proper posture exercises.