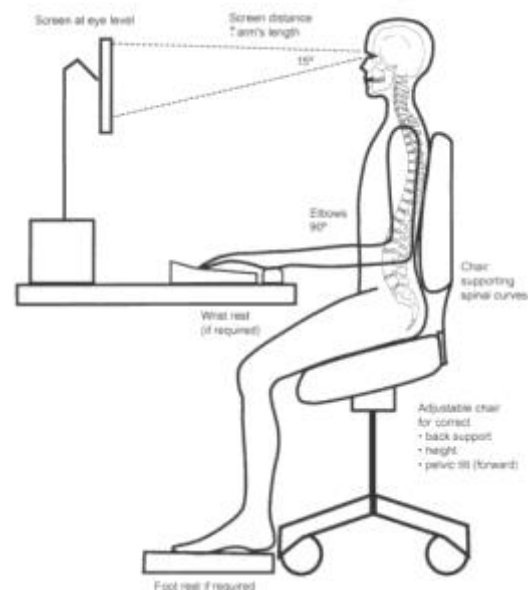
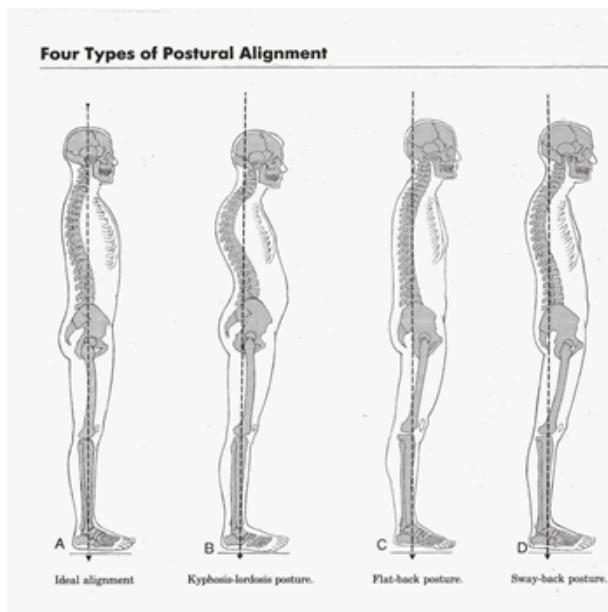


## Posture

Incorrect spinal alignment or posture can contribute to pain and muscular dysfunction. The way we position our body affects the way our muscles, ligaments and joints are loaded day after day. Poor posture places excessive strain and over loading of our body tissues, which triggers a pain response.

Posture can be affected statically e.g.; sitting in the one position for a prolonged period; or dynamically; e.g.; repetitive lifting or carrying with incorrect technique. Adopting an incorrect posture for a prolonged period causes muscles to be lengthened whilst opposing muscles are shortened, overstretching of ligaments, and uneven compression of our joints. Blood supply to these tissues is also reduced leading to muscle hypoxia and pain. Muscles become fatigued as they are forced to work at an inefficient length-tension position, and over time these muscles become weak. The muscles become less able to assist our ligaments leading to further joint compression, and provoke a pain response from the nervous system to alert us.



### Correct sitting posture

Common postural problems include:

- Increased cervical lordosis (poked neck)
- Increased thoracic kyphosis (slumped upper back)
- Increased lumbar lordosis (arched lower back) OR Decreased lumbar lordosis (flat lower back)

An ideal posture should have a slight 'S' shape without an exaggerated curve in one particular area.