

## POSTURE AND LOW BACK PAIN



Posture refers to how an individual holds his or her body while standing, sitting, walking, lifting or lying down. Good posture helps to avoid complications such as joint, neck, and back pain.

### Correct standing posture

- Stand up straight with your weight spread evenly over both feet.
- Hold your head up. Imagine a piece of string is attached to the top of your head, pulling your body up straight.
- Your shoulders should be square, not rounded. You may need to relax and pull them back slightly.
- Check that your shoulders, hips, knees and ankles are all in line.
- Keep your chest forward and hold your stomach muscles in.
- Did you have to adjust your body to get this position? If so, stop and take a minute to remember how it feels and try to use this posture whenever you are standing. It may feel uncomfortable and tiring at first, but this will ease as you get used to standing this way and your muscles strengthen.

### Correct sitting posture

- Use a chair with a backrest. Sit it up straight so it is supporting your back (as with standing, imagine a piece of string pulling you up straight).
- Relax your shoulders and keep them square, not hunched.

### In this guide...

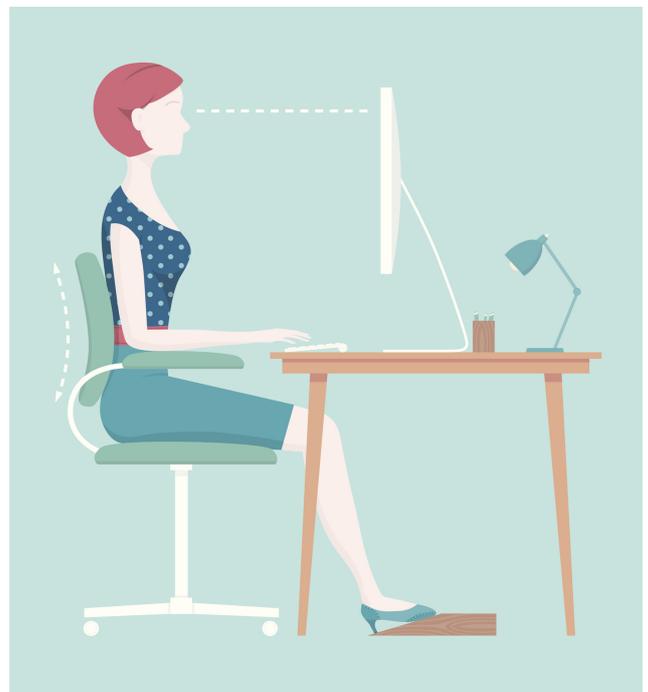
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- If you find that the height of your chair makes it difficult to comfortably rest your feet on the floor, try using a foot rest.<sup>1</sup>
- Keep your feet flat on the floor and try not to cross your legs.
- Draw your stomach in.
- Get up and move around as often as you can.
- If you are using a computer, the top of your computer screen should be slightly above eye level.
- Retraining your body to stand, walk and sit properly will not happen overnight. However, over time it will soon become natural.



## Questions about your diagnosis?

### Unsure which treatment is right for you?

Did you know you have access to a free, independent and confidential decision support service?

Discuss your concerns and have your case reviewed by a specialist in your condition.

The decision is yours. And we're with you all the way.



1. Office ergonomics: Your how-to guide. Mayo Clinic website. <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169> April 20,2016. Accessed September 4, 2017.