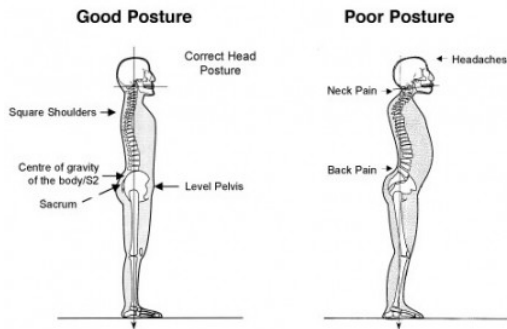


POSTURE AND BALANCE

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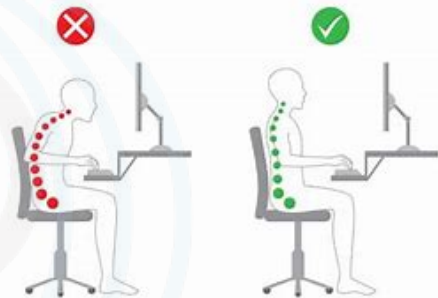


STANDING

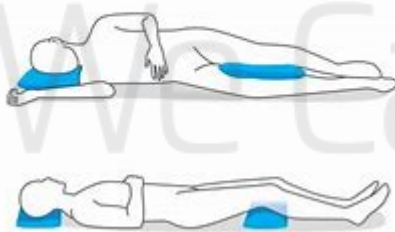
- Bear your weight primarily on the balls of your feet.
- Keep your knees slightly bent.
- Keep your feet about shoulder-width apart.
- Let your arms hang naturally down the sides of the body.
- Stand straight and tall with your shoulders pulled backward.
- Tuck your stomach in.
- Keep your head level - your earlobes should be in line with your shoulders. Do not push your head forward, backward, or to the side.
- Shift your weight from your toes to your heels, or one foot to the other, if you have to stand for a long time.

SITTING

- Keep your feet on the floor or on a footrest, if they don't reach the floor.
- Don't cross your legs. Your ankles should be in front of your knees.
- Keep a small gap between the back of your knees and the front of your seat.
- Your knees should be at or below the level of your hips.
- Adjust the backrest of your chair to support your low- and mid-back, or use a back support.
- Relax your shoulders and keep your forearms parallel to the ground.
- Avoid sitting in the same position for long periods of time.



Correct Sleep Posture



LAYING DOWN

- Find the mattress that is right for you. While a firm mattress is generally recommended, some people find that softer mattresses reduce their back pain.
- Sleep with a pillow. Special pillows are available to help with postural problems resulting from a poor sleeping position.
- Avoid sleeping on your stomach.
- Sleeping on your side or back is more often helpful for back pain.
- If you sleep on your side, place a pillow between your legs.
- If you sleep on your back, keep a pillow under your knees.

READING

- Sit up straight with your chest out and your shoulders back.
- Bring your arms up in front of your eyes so that you don't need to look down to see the screen/book.
- Tuck your chin into your chest to look down rather than dropping your head forward.
- Rest your forearms on a pillow while typing to help minimize neck tension.
- Avoid using mobile devices while in bright sunlight. Straining to see the screen leads to jutting the chin forward, shifting work from the spine to the muscles that hold up the head.

