

Good Posture How is it relevant to good health?

Putting in efforts to improve your posture have huge payoffs in the long term. So it's important to know about good and bad posture. But the question is what exactly is good posture?

What is posture?

Posture is how you hold your body?

Different types of good posture

1) **Dynamic posture**

2) **Static posture**

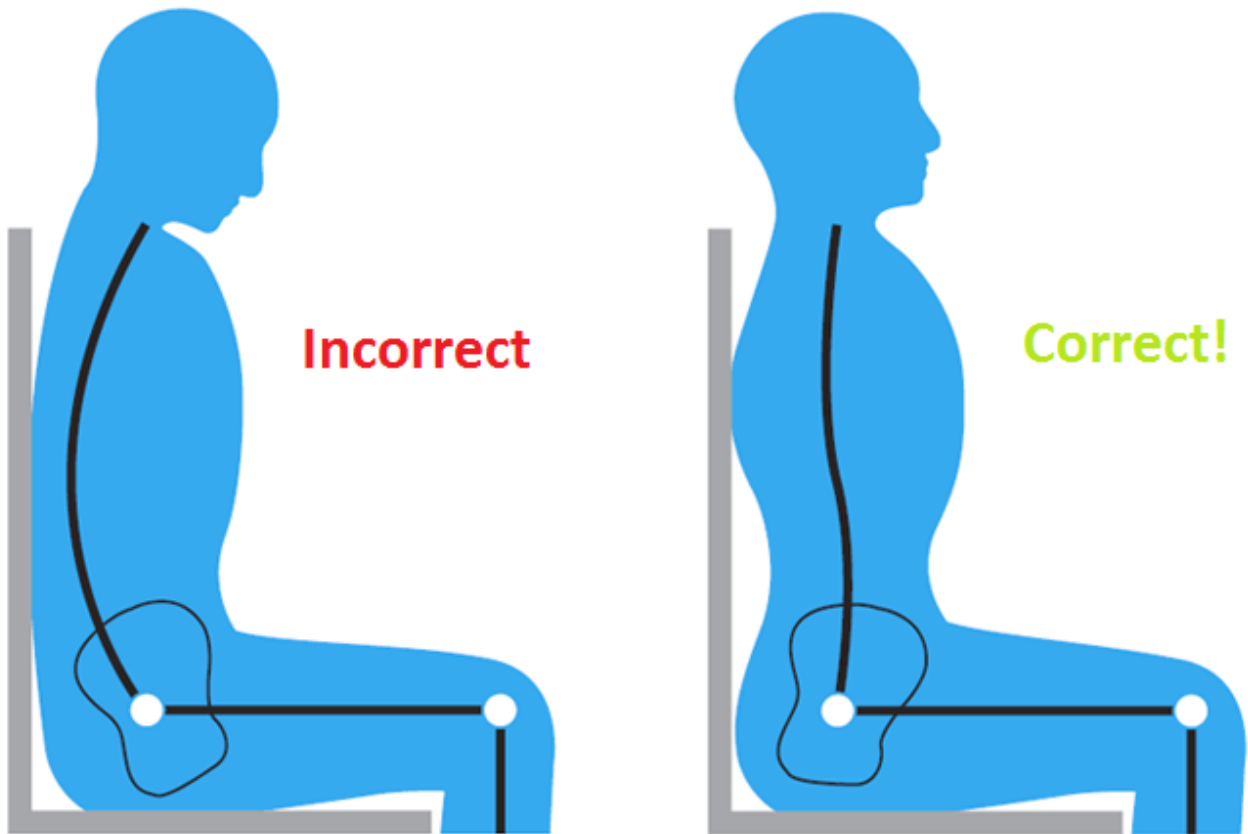
The way you hold yourself as you move around defines your dynamic posture. For example, while you walk, run or bend over to pick something.

The way you hold yourself when you are not moving around defines your static posture. For example, while you stand, sit or sleep.

Ensuring that you have a good dynamic and static posture is vital for your health.

Good posture is also known as neutral spine. Having a good posture ensures that the muscles that surround your spine are balanced and support your body equally.

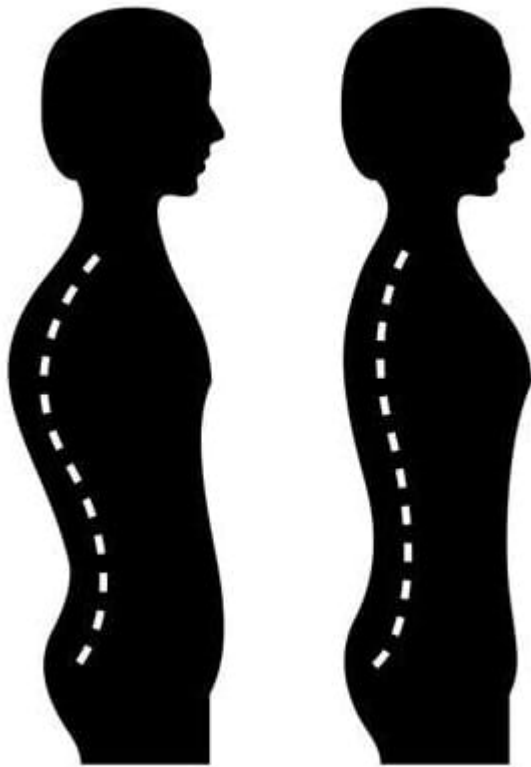
Good Posture Tips



Expert Tips for Maintaining Good Posture

- When you sit, make sure that your feet rest on the floor, and the weight of your body is even on both the hips.
- Keep your back straight. Though there are natural curves in the lumbar, cervical and thoracic areas.
- Shoulders should be back and relaxed.
- Ears must line up over the collarbones.
- Your legs must have a slight knee bend while you are standing so that you are not hyperextending or locking the knee joints.
- Whilst at work or at times you need to sit for prolonged time, make sure to take frequent breaks and stretch your back appropriately.
- Never compromise with your chair and you should have a firm back rest.
- You should always make sure that you don't lift any heavy objects as it causes unnecessarily strain to your back.

- We get busy while working on computers or attending meetings and we compress ourselves into a poor posture. Keep a note on your computer screen that reminds you to maintain a proper posture.
- While sitting use a lumbar roll or rolled towel that supports natural lumbar curve. So that you have support for an appropriate straight posture that is sustainable.
- Engage in practicing certain types of exercises that are helpful in improving your posture. These exercises include yoga, tai chi or some other forms that focus on body awareness.
- Also, exercises that strengthen your core muscles, back, abdomen and pelvis are extremely helpful.
- Maintain adequate weight – extra weight often makes your abdominal muscles weak. It can create problems for your spine, pelvis and lead to pain in the lower back. These can hurt your posture.
- Wear comfortable foot wear and don't frequently wear high-heels as they throw off your balance and compel you to walk differently. Thus, exerting more pressure on the muscles and harming your posture.
- Ensure work surfaces are at a comforting height while you sit in front of the computer, eating a meal or cooking.



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