



## Achieving Good Posture

To ensure the best spinal health, **make an appointment with your local CAA Chiropractor** ([www.locatechiropractor.com.au](http://www.locatechiropractor.com.au)), who can **assess your posture** and offer you **Chiropractic care to help you maintain better health in the long-term**. Being five year university trained, Chiropractors are skilled in body mechanics and alignment.

**Your Chiropractor** can recommend exercises to strengthen your core postural muscles, as well as helping you to choose proper postures during your activities.

And following these simple tips can help you to achieve and maintain better posture.

### In the morning

- When getting out of bed in the morning, **use your hands and arms to support you into a sitting position**. Then **swing your legs to the floor** and stand straight up.
- Once out of bed, **do some gentle stretches**. Stand up and stretch your arms above your head. Hug yourself, by wrapping your arms around your body, then turning slowly as far as you can to the left and then the right without jerking.

### During the day

- To keep your shoulders in their right position, **stand tall** as though there were a **string attached to the top of your head that is being pulled up**.
- Avoid forward head posture by **keeping your cheekbones and collarbone in the same vertical plane**.
- Avoid slouching by **imagining a headlight in your breastbone which should always shine forward**, not down in your lap or on the floor.
- Avoid sitting for long periods of time. **Take brief walks during the day**, or stand and stretch as much as possible.
- When standing, **balance your weight equally on both legs and feet**, being sure to put weight on the four corners of each foot.
- **Exercise regularly**. Walking, swimming and other general conditioning exercises strengthen weak muscles and stretch those that are tight.

### At night

- When bathing young children, be sure to **bend from the hips**. And use your legs when you lift your child.
- **Sleep on your side or back, not on your stomach**. You can help reduce strain by **popping a pillow under knees** when sleeping on your back, **or between your knees** when sleeping on your side.