

EMPLOYEE HEALTH SOLUTIONS

# POSTURAL HEALTH

EDUCATE. MOTIVATE. REWARD

2022

# The Importance of Posture

## What is Posture?

- Posture is the position in which we hold our bodies while standing, sitting, or lying down
- A healthy posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity
- Our everyday movements and activities can affect our alignment and put stress on our joints and muscles and can result in pain and potential damage if ignored over time
- Utilizing proper ergonomic and movement strategies can help prevent these problems.
- A good posture ensures our body is symmetrically aligned and the muscle tension is right.

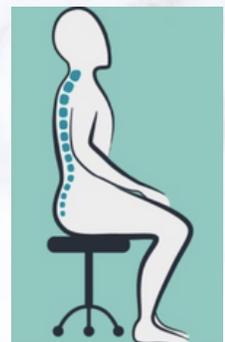


## Why is Posture Important?

Posture is important for ones overall health and is just as essential as a healthy diet, exercising and proper sleeping habits. Posture ensures bones are well aligned with the rest of the body and that the tension in your muscles and ligaments are properly distributed.



### A Proper Posture:



Enables efficient muscle coordination so the body uses less energy and reduces fatigue

Holds spinal joints in place and reduces the risk of injury of joints, muscles and ligaments

Aids in preventing back and muscular pain, all which are signs of a poorly relaxed body

Decreases abnormal weight bearing of joints by keeping them properly aligned

# Ergonomic Considerations

## What Constitutes A Good Posture?

### Sitting Properly

Ensure that your feet are on the floor, or on a footrest, rather than hanging mid-air, keep your knees at or below your hip level, maintain relaxed shoulders with your forearms at a parallel position to the ground and have your backrest support your entire back.,

### Standing Properly

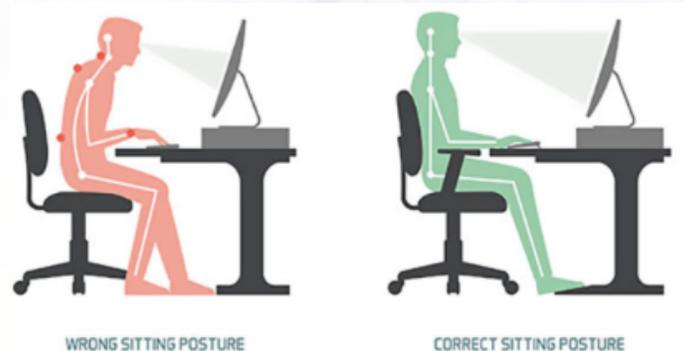
Ensure that your weight is primarily on the balls of your feet with your knees unlocked, and your feet placed 4-5 inches apart, tuck your stomach in, and have your hands hanging naturally from the body sides, all while maintaining a straight and tall posture.

### Lying Properly

Support head with a pillow in an elevated position to the rest of your body to aid blood circulation. Avoid lying on your stomach. If sleeping on your side, put a pillow between your legs. If you sleep on your back, put a pillow under your knees.

### Tips for Better Work Ergonomics

1. Practice Neutral Posture
2. Keep Note of Back and Neck Pain
3. Give Yourself Movement Breaks
4. Set Posture Reminders
5. Have Proper Work Equipment



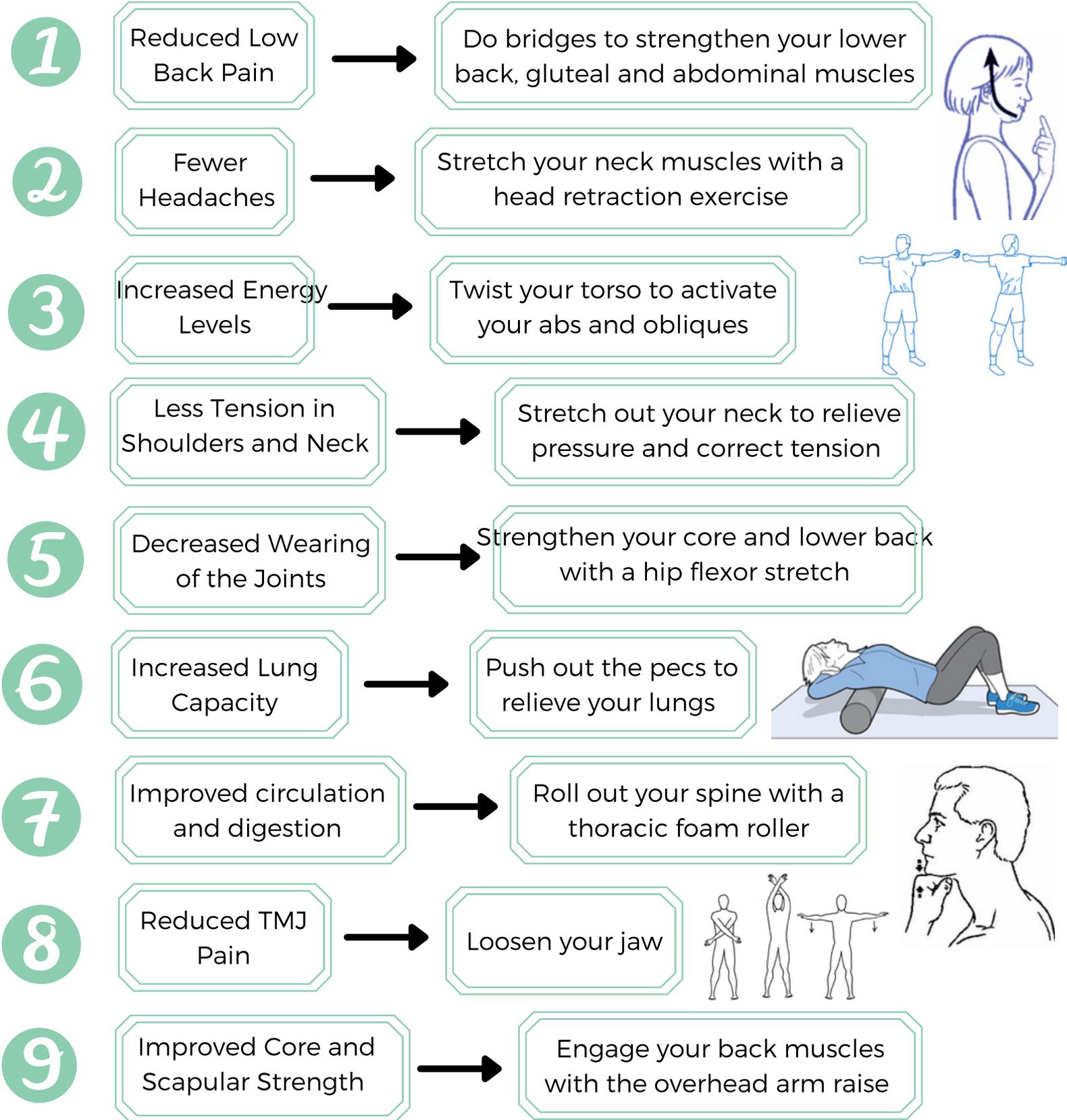
## How can this improve your posture?

Sitting, Standing and Lying Properly can all have an impact on our posture. Awareness of your posture, along with an understanding of healthy movement strategies, will help you consciously correct yourself.

A doctor of chiropractic can further assist you by recommending exercises to strengthen your core postural muscles. They can assist you with choosing better postures during work or recreational activities, reducing risk of injury.

# Exercise to Improve Posture

Benefits of Exercise on Posture → Exercises to Improve Posture



# Nutrition to Improve Posture

## Weight Management and Posture

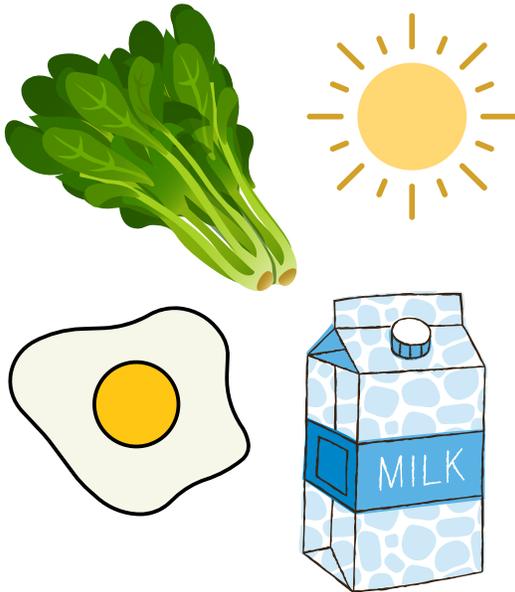
Eating habits are affecting your posture and body alignment. Proper nutrition is essential to healthy weight management as well as excessive weight you're carrying is more detrimental to your posture. Excess weight places stress on your bones, muscles and joints and can cause an unnatural curvature of the spine. Excess weight in the stomach pulls the pelvis forwards which strains the lower back creating lower back pain. Excess weight in the midsection can cause forward rounding of the back aka Kyphosis which leads to the weakening and compression of the spinal bones.



## Nutrient Intake and Posture

Vitamin D and Calcium are crucial for bone health and posture

Vitamin D plays a major role in calcium absorption, bone health, muscle performance, balance and risk of falling. Sun exposure is an important source of Vitamin D however you must also ensure Vitamin D is included in your diet. Calcium can be found in daily products, fortified foods and dark green leafy vegetables. Vitamin D can be found in fortified milks and cereals, egg yolk, salt-water fish and liver.



## Nutrition for Improved Circulation

Blood circulation and posture go hand in hand. With poor posture, vital organs are compressed resulting in poor circulation and decreased function of the organs. Healthy blood flow requires proper alignment and posture.



Blood flow and circulation can be boosted through proper nutritional choices. Berries and pomegranates, rich in nitrates and antioxidants, fatty fish and nuts, rich in omega-3 fatty acids and spices such as turmeric and cayenne pepper all boost circulation and blood flow.

# Resources

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- <https://www.thephysiocompany.com/blog/the-importance-of-good-posture>
- <https://www.acatoday.org/Patients/Health-Wellness-Information/Posture>
- <https://www.betterpt.com/post/pick-your-posture>
- <https://relaxtheback.com/blogs/news/workplace-ergonomics-how-to-improve-your-posture-at-work>
- <https://backintelligence.com/proper-sitting-posture-at-a-desk/>
- <https://www.healthline.com/health/fitness-exercise/posture-benefits#10.-Better-form-during-your-workouts->
- <https://www.npionline.org/articles/how-your-nutritional-habits-affect-your-posture.htm>
- [https://www.rxlist.com/foods\\_help\\_circulation\\_dvt\\_deep\\_vein\\_thrombosis/article.htm](https://www.rxlist.com/foods_help_circulation_dvt_deep_vein_thrombosis/article.htm)
- <https://www.healthline.com/health/fitness-exercise/posture-benefits#7.-Improved-circulation-and-digestion->