



POSTURE & CHIROPRACTIC

Do you remember being nagged as a child to sit up straight at school or the dinner table? Do you still find yourself slouching at your computer or bending your head forward for long periods while using electronic devices? Canada's chiropractors want you to Straighten Up! Good posture helps to prevent backache and muscular pain, allows your body to use less energy for daily tasks, helps to decrease wear on joints and prevent arthritis, and increases the flexibility and stress tolerance of your spine. Good posture also makes you look and feel great.

There are a variety of causes for musculoskeletal conditions, such as injury, accident or underlying mechanical issues, but there are simple ways to optimize your musculoskeletal health, no matter your age, gender or physical ability. The easiest thing you can do for yourself, and teach your children, is to develop spine health habits - starting with good posture. Standing tall, allowing for your spine's natural curvature, bracing your abdomen and keeping your knees slightly bent all have a resounding impact on spinal function.

Common Postural Problems:

The slouched position of rounded shoulders leads to a condition known as "hyperkyphosis," which is an increase in the natural curve of the mid spine (thoracic region). This position pushes your head forward, and can eventually lead to deactivation of the deep neck flexors that help you hold your head up. It may even lead to an uneven distribution of pressure on the vertebral discs. This poor posture can cause neck and mid-back pain and headache.

Another example of poor posture is the "flat pelvis" which is the result of tucking in your bottom rather than keeping your pelvis in a neutral position that allows for the natural curvature of the lower spine. The head is pushed forward and your shoulder blades may stick out causing increased flexion in the mid back. This can cause lower back pain, weakening of the back and stomach muscles, and even knee pain.

* Good posture really is the simplest way to look after your spine. Canada's chiropractors are specialists in musculoskeletal health. If you are concerned about your posture, consider an evaluation.