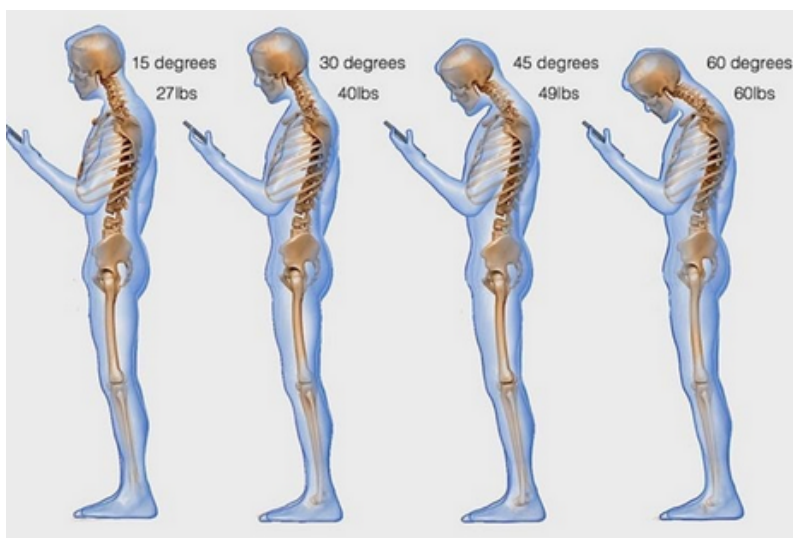




Get working on your POSTURE

- Postural habits influences your spinal health.
- Bringing awareness to, and correcting daily postures supports the care you receive in the office, helping you achieve better short and long term results.
- Poor postural habits deteriorate spinal health and will limit your results.



POSTURAL HABITS TO BE AWARE OF

FORWARD HEAD POSTURE:

Accumulation of time spent with your head in a forward position creates stress on neck and upper back joints, muscles and nerves. This is a major cause of a reduced or reversed normal neck curve.

Prolonged time on phones, hand held devices, computers, reading etc can also place extra load on the neck.

Your occupation may mean that this posture is unavoidable (eg. Dentist), however, there are tips to help manage this and reduce the strain.

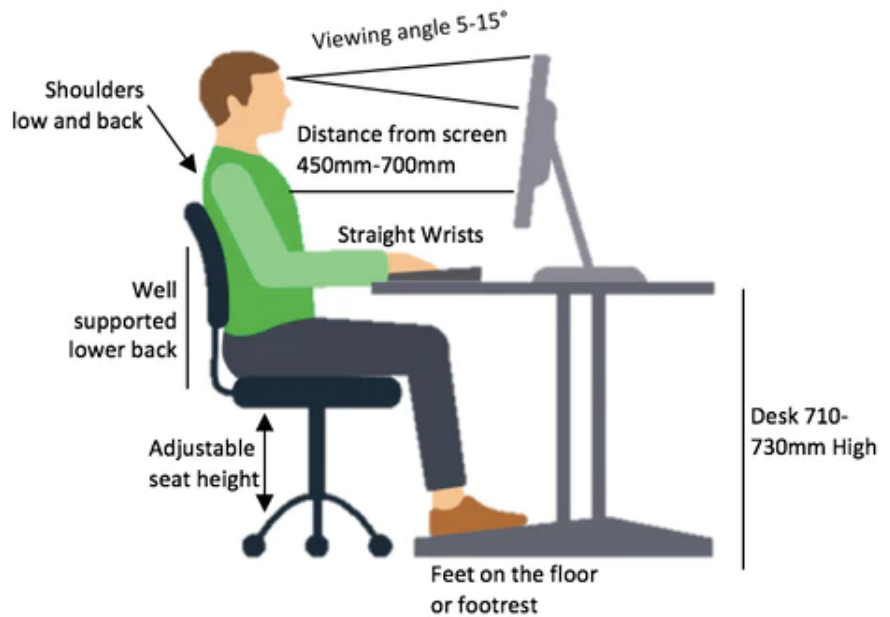
SIDWAYS SPINAL SHIFTS:

From your X-ray and/or posture results, you may be aware of a sideways spinal shift. If so, it is important to identify times in the day that will place your spine in that posture.

Avoid any sideways leaning at your desk, on the couch or whilst driving.

ERGONOMICS TIPS

- When working at a computer, get up and move every 30 MINUTES.
- Ergonomic set ups at work or at home can help reduce unnecessary spinal stress.
- Try sitting on a wobble disc or fit/Swiss ball. This helps to keep your lower back in better alignment and core muscles activated.
- A lumbar support while sitting or driving can help maintain your normal lower back curve. A tightly rolled small towel can often work well.
- If you use a standing desk, avoid standing on one leg for long periods of time. Keep a neutral stance and take regular 30 minute breaks.



POSTURAL TIPS



- Become aware of your posture. If you find yourself stooping forward, gently lift upwards from your sternum and the center of your head. This gentle elongation means you will be proud through your chest, while keeping your chin up!
- Straighten Up Australia FREE app from the Chiropractic Association for postural tips, break reminders and gentle spinal exercises - is a great tool to help.