

Posture

Information for Patients



Understanding posture

There is no such thing as the perfect posture. Your posture depends on lots of things that are personal to you therefore, the best posture for you is the most comfortable one.

An important thing you can do to help your posture is to change positions regularly. Staying in one position for too long, even if you think it's a 'good posture' can cause stiffness and discomfort.

Why Posture Matters

Holding a posture (sitting/ standing for long periods) can sometimes increase the amount of work your joints and muscles have to do which can sometimes cause discomfort or stiffness.

How you use your body and the positions you get yourself into can sometimes affect other parts of your health. For example..

- Some positions may make it a bit harder to breathe easily
- Some positions might make it harder to get out of
- Some positions might put more pressure on certain areas

What can I do to help myself?

Simple movement exercises can help prevent stiffness and maintain your flexibility and comfort. We encourage you to:

- ✓ Change position often — aim to move or stand up every 30–60 minutes if possible
- ✓ Do gentle stretches for your middle, your neck and your shoulders
- ✓ Stay active with regular movement that feels safe and comfortable for you

On the next page are a few exercise ideas.

Tip: Complete any exercises little and often throughout the day working within what feels comfortable.



Shrug your shoulders up to your ears or roll them in a circle



Lean yourself down to one side & then the other



Pull your shoulders back and push your chest forwards



Holding onto a support, march on the spot



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