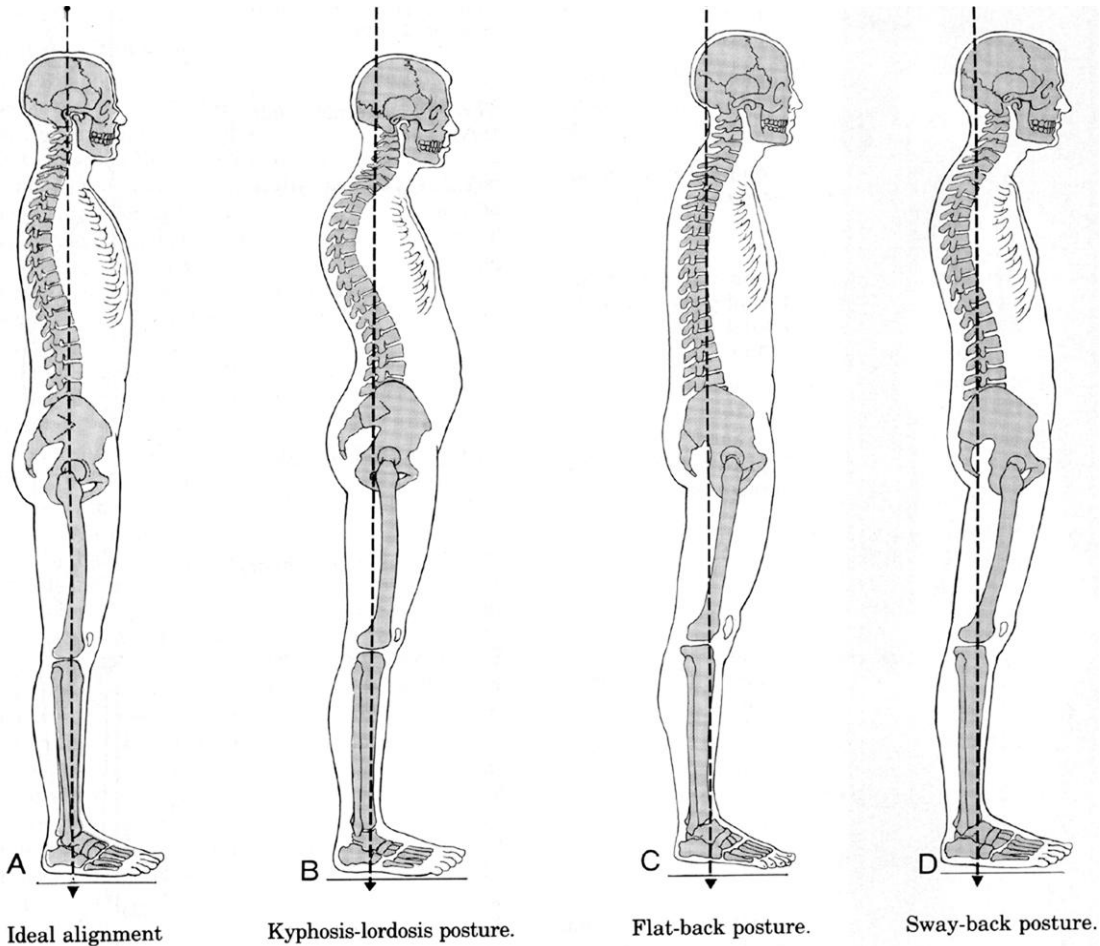




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The position in which we hold our body and head is called our posture. Posture is dynamic, that is, it can be changed. Sometimes, our ability to change our posture is dependent on our individual strength, flexibility and balance. Even our emotions can affect how we sit and stand.

The ideal alignment for the spine is a position of balance in which the head is centered over the shoulder, the upper body directly over the pelvis and everything balanced over the feet and ankles. In this position, structures of the spine are in an optimum position, without excessive stress to them. However, that does not mean that everyone will be able to get to that position. Exercise to stretch and strengthen the joints and muscles may be needed.

If you are experiencing pain in the neck, back, buttocks, legs or arms and have been unsuccessful in managing this pain, posture could be a factor in your pain. Begin by trying to pull yourself into a position in which you are as tall as possible. If this relieves your pain, try to stay there as long as possible. If you are unable, a Physical Therapist may be able to help you.