

Proper Posture for All Positions

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Posture is essential for a healthy spine. Because your spine is connected to all of your body systems, keeping it in line is vital to your overall health. The spine has nerves that connect to all areas of the body. For example, a misalignment to the C2 area of the spine can result in sinus problems. A misalignment to the T3 area of the spine can lead to lung problems. Keep reading to learn about how to keep good posture in all positions.

Posture While Sitting

- For long-term sitting like for working at a desk, use a chair with good back support. If the chair does not support your mid and lower back, add a support attachment to the chair.
- Keep your knees parallel to your hips or slightly below them.
- Keep both of your feet on the ground so your legs are at a right angle. Adjust your chair or use a footrest, as needed. Also, do not cross your legs; keep your feet flat on the ground.
- Keep your forearms parallel to the ground when working at a desk.
- It helps to keep your shoulders back and your chest out.
- Keep your chin up.

Posture While Standing

- Feet should be shoulder-width apart.
- Keep your weight on the balls of your feet and your knees slightly bent. You should not lock your knees in place.
- Keep your chest out and shoulders rolled back.
- Keep your chin up. A good way to make sure you're keeping good neck posture is to line up your earlobes with your shoulders.

Posture While Lying Down

- Side sleepers: Use a thicker pillow that fills the space between your ear and the mattress. Make sure your neck is not bent upward or downward; this ensures your cervical spine is in line with the rest of your spine. Place a pillow between your knees to take more pressure off your hips and back.

- Back sleepers: Back sleepers will also need a thicker pillow that fills the space between the head and the mattress while supporting the neck. Keep the spine in line. To take pressure off the lower back, place a pillow underneath your knees.
- Stomach sleepers: This position is not recommended because it puts the neck in a strange position. However, for those who do prefer this position, use a very thin pillow or no pillow at all. This helps keep the neck in line instead of being bent upward. Also, place a pillow under your stomach/ pelvic region to take pressure off the rest of the spine.

Posture While Lifting

- Keep your feet shoulder-width apart with one foot slightly ahead of the other.
- Squat down to the level of the object keeping your back straight. You should only bend at the hips and knees.
- Keep your chest out, shoulders back, and chin up.
- Grasp the object and lift it slowly, keeping your back straight. Lift with your legs.
- Never twist your body while lifting.
- Carry the object close to your body at belly-button level.
- To set the object back down, squat down keeping your back straight.