

POSTURE RECOMMENDATIONS

Be especially careful to maintain good posture during the first few days after your treatment.

Your joints are more free and better aligned, muscle spasm and guarding has been reduced, and the ligaments, tendons, and other soft tissues are at their loosest. The positive changes from your treatment will continue to help your body shift its unhealthy patterns. It is very helpful to support this process by using good mechanics and performing activities symmetrically. Your clinician may have more specific stretching recommendations unique to your issues.

Because your body is trying to release compensatory patterns and is still finding its way to optimal alignment, activities that seem non-strenuous may actually have a great impact, especially for the first few days after treatment.

All areas of the body are interrelated. Posture and positioning in your lower body have a local influence but also impact the upper back, neck, jaw, etc.

Sitting:

- Use a supportive chair, avoid slouching. If you must sit on an overstuffed chair or soft couch, place a small pillow behind your low back and possibly mid/upper back for extra support.
- When driving, consider using a small pillow for your low back.
- When eating, sit upright at a table in a straight, supportive chair so that your jaw and shoulders are aligned over your pelvis.
- Try to avoid lying down when watching television or reading, or other activities where you are not moving for a long period of time and where your body is not in a symmetrical position.

Computer/ workplace set-up:

- At the workplace (or any home/work setup, such as a computer worksite, sewing area, etc.,) be sure that the table is at a comfortable height, your arms rest comfortably on the chair arms or table without strain, your chair is supportive, and you are not in a position where you are looking down for long periods of time, etc.
- Laptops and tablets are best used with external keyboards so that the screen can be at eye level and your hands can be relaxed at a much lower level, to reduce strain on shoulders, neck, arms, wrists, and hands.
- If your job involves working at a computer for long periods, consider asking your employer to provide a formal ergonomic evaluation. This can be very beneficial and reduce long-term strains on your body.
- Consider a sit/stand desk or other types of options.
- Your clinician can also provide you with some general handouts and advice on ergonomics and workplace setup.
- Get up frequently for short breaks, and to perform basic stretches. (The more acute and severe your symptoms are, the more frequent your breaks should be.)

Standing:

- Try to be aware of your posture. Ideally, you should be able to sense a straight “plumb line” (as if a weighted line held from above would fall along these landmarks) that would pass right through your ears, shoulders, hips, and ankles.
- Most people are best with pulling their head back (think of pulling your chin straight back, creating a double chin), drawing the shoulders back a little, and tightening the abdominal muscles slightly in order to pull in the abdomen for good support and to create the right amount of pelvic tilt.