

OUR SIMPLE TIPS TO STRAIGHTEN OUT YOUR POSTURE TODAY



THE CHIROPRACTIC CENTRE

· BRISTOL ·

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The 5 best ways to improve your posture

We have as lot of patients come to us looking to improve their posture. Sometimes this is for aesthetic reasons. Sometimes it's because they've seen an older relative's posture deteriorate over the years, and they want to avoid that happening to them.

Apart from visual changes, there are other benefits to good posture:

- Maintaining good alignment of bones and joints preventing pain
- Reducing stress on ligaments, minimising risk of injury
- Prevention of muscle strain, overuse or pain
- Conserving energy as muscles are used more efficiently
- Prevent abnormal joint wear and tear (arthritis/degeneration)
- Allowing your lungs to expand fully
- Research has also shown a link between poor posture and digestive issues, feelings of depression, as well as confidence and stress levels

To maintain proper posture, you need to have normal flexibility and alignment in the joints of the spine, as well as other body regions, and adequate muscle flexibility and strength, especially in the postural muscles. In addition, you must recognise poor postural habits at home and in the workplace and work to correct them.

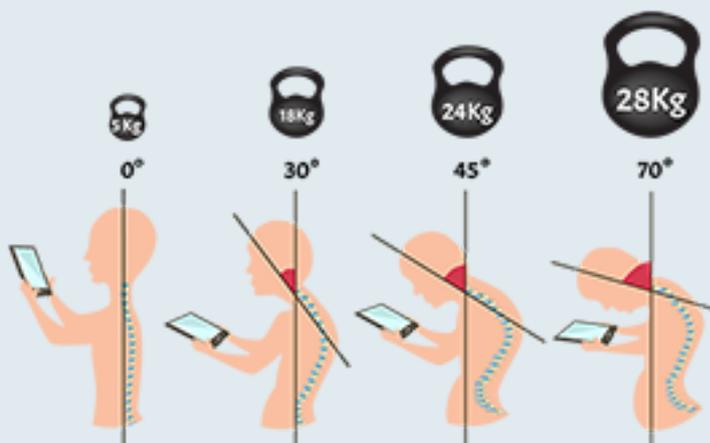
Here are our top tips to help improve your posture:

1 Don't stay in one position for too long

Whether you sit at a desk, drive for a living, relax at home slumped into the sofa or stand all day, our bodies are designed to move often. Slumping into a relaxed posture isn't bad for you, so long as you don't stay there for too long. Just as standing upright in a military posture would start to hurt after a short while.

We need different postures for different things, for example, having a stiff, straight back whilst lifting a 50kg weight from the floor is appropriate and helps to minimise the risk of injury. However, this is not relevant when you're watching T.V in the evening.

The best advise is to move frequently. Every 30-40 minutes. That doesn't mean shifting your posture whilst sitting, it means get up and move about. Make a cup of tea, do some squats, go for a short walk. This wakes up your muscles and spine and resets them before returning to the same position again. The key is little and often.



2 Exercise

The good news is that any and all exercise will help with your posture. Moving helps to lubricate your joints and strengthen your muscles. However, computers, phones, heavy school bags, you name it, has forced people's shoulders to become more rounded and for our heads to jut forward and be less upright.

There are specific exercises that to help with these common distortions, talk to a Chiropractor about which ones are best suited to your posture. Here is one to get you started though:



Brugger's stretch: Sit upright with your head in a neutral position and shoulders back and down. With your arms out to the side and palms facing forward, gently pull your arms back

squeezing your shoulder blades for 20-30 seconds. Repeat throughout the day.

3 Stop smoking

Yeah, believe it or not, smoking has been shown to shrink the discs in your spine and lead to early degeneration. Smoking is just one of the many ways we can negatively impact our health, diet is also a vital factor for a healthy body and spine.

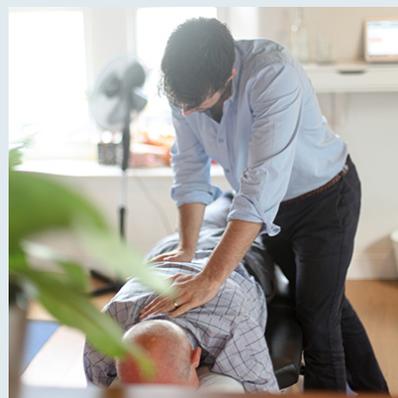
Eating well will help you to maintain strong, dynamic ligaments which hold your spine in place, therefore leading to a better posture.

4 Abandon the posture brace/ lower back belt

Although they may seem like a good idea and are fairly cheap on Amazon, passive braces that hold you into an upright posture are a short term fix that can cause further long term damage.

Once you take the brace off your posture will revert back to normal. Fixed postural correction is a rigid, unnatural shape for the body and doesn't serve us any good with day to day tasks. Also, long term it can cause the essential muscles that hold you upright to 'switch off' because they're not being used properly.

The most important way to train your body into better posture is to have a correctly moving spine and strong support muscles. Unfortunately, there is no overnight fix for this.



5 Get checked by a Chiropractor

Chiropractors are specialists at finding and fixing stiff, painful, misaligned joints in the spine and the extremities. Getting your spine moving more freely can help the tight muscles to relax. This allows for you to be in a healthier, more upright position without having to think about it.

Once your spine is moving properly your Chiropractor will also teach you how to strengthen your muscle imbalances and become more aware of your own body. This will help you short term, as well as longer term, to maintain a better posture and prevent your posture deteriorating over time.

Often in clinic we find patients have tried lots of different things to improve their posture, however the moment we get their spine moving properly they instantly find they have a better resting posture. A better posture that they don't have to force, that feels comfortable and importantly is healthier for their body.



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