

## The Perils of Poor Posture

“Don’t slouch!” “Sit up straight!” Most of us have been the target of those words at least once in our lives. If your job requires you to sit for eight (or more) hours a day, how can you possibly sit up straight for all of that time?

It’s quite simple really, by following AWM’s **ASET** plan you can avoid pain and dysfunction through muscle imbalances and improve your posture.

**A**ssessment

**S**tretching

**E**xercise

**T**reatment



Unfortunately, sitting in a poor posture all day can affect your body in direct ways, which increases your chances of developing back or neck pain as well as indirect ways which makes you more prone to injuries when you are doing normal activity other than sitting.

### **So what is good sitting posture?**

Good sitting posture should minimize the negative effects of prolonged sitting and how that affects our strength, flexibility, and balance. When we try to actively sit in a good posture we are actually engaging core muscles that are important in stabilizing the body in static and dynamic conditions.

“Sitting Properly” involves the following:

- Keep your feet flat on the floor (not stretched out in stools or hanging over the edge of your chair).
- Keep your hips and knees at the same level or your hips slightly higher.
- Keep your shoulders over your hips (not leaning forward or back).
- Roll your pelvis forward to create a normal arch in your low back and slightly lift your chest.
- Pull your shoulder blades gently back so that your shoulders are not rounded forward.
- Try to keep your ears over your shoulders and avoid sticking your head forward.
- Maintain a relaxed breathing pattern.