

# The Aches & Pains of Poor Posture

Poor posture is a faulty relationship between body parts. This produces excessive strain on supporting structures, which may result in a number of health problems.

**Poking Chin** Maintaining the head in a forward position may contribute to headaches, dizziness, and neck, shoulder and arm pain.

**Rounded shoulders** may contribute to neck and back pain.

**Protruding abdomen and buttocks** results in a swayback position, which often leads to backache.

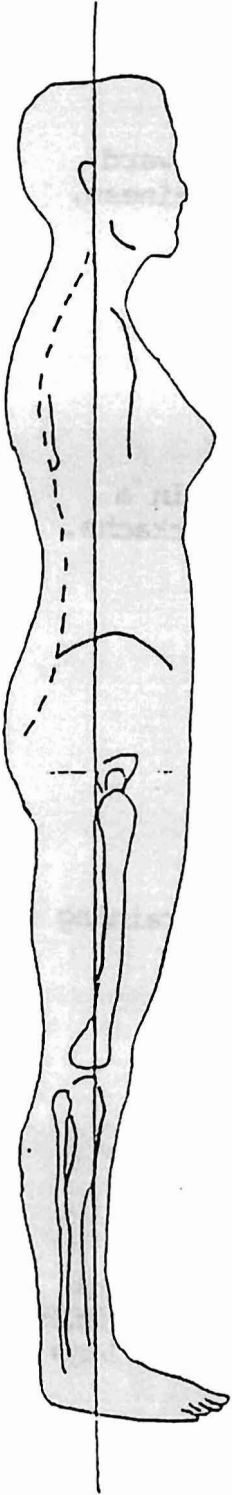
**Locked knees** may produce knee pain by straining the joint. It also enhances a swayback.

**Faulty foot positions** have far reaching effects of altered alignment throughout the legs and spine. They may also result in local foot pain and dysfunction.

Posture involves the whole body. Faults arising in one part result in changes throughout the body.



# Correct Posture



**Chin** should be tucked in. The sensation should be one of growing as tall as possible. In good alignment, the ear should line up over of the shoulder.

**Jaw** is not clenched but is relaxed with the teeth slightly apart.

**Stomach** should be flat but not sucked in, as this hinders breathing.

**Buttocks** should be tucked under to control the sway in the low back.

**Knees** should be straight but not locked back. The kneecaps should face forward.

**Feet** The toes should point slightly outward and should not grip the floor.