

Proper Posture for the Whole Family



Posture refers to the way in which we hold our bodies while sitting, standing, or lying down. Good posture involves aligning the body in a way that puts the least amount of strain on the muscles, joints, and bones.

It is important for everyone in the family to maintain good posture as it can have a significant impact on health and wellbeing. Posture is the foundation of your family's health. Stay aligned with your values by ensuring the whole family has proper posture.

Good Posture for Men

For men, good posture involves standing up straight with shoulders back and chest out. This helps to align the spine and distribute the weight evenly throughout the body. Poor posture can lead to back pain, neck pain, and even headaches. Men who work in jobs that require them to sit for long periods of time should take frequent breaks and stretch their muscles to avoid stiffness.



Another aspect of good posture for men is proper alignment when weightlifting. Men who engage in weightlifting should be mindful of their form and technique to avoid injury. Improper posture during weightlifting can lead to strains, sprains, and even more serious injuries such as herniated discs.

Proper posture is essential for preventing injury, particularly in the musculoskeletal system. Good posture helps to distribute the weight of the body evenly across the joints, reducing the amount of stress placed on any one area. This can help to prevent repetitive strain injuries and overuse injuries, which can occur when certain muscles or joints are overworked due to poor posture.

Good posture also helps to maintain the natural curves of the spine, which can reduce the risk of developing back pain or spinal conditions such as herniated discs. Additionally, proper posture helps to improve balance and coordination, which can reduce the risk of falls and other accidents. Overall, practicing good posture can help to reduce the risk of injury and promote long-term musculoskeletal health to keep men strong.



Research Study: Correct Posture Alleviates Chronic Low Back Pain in Men

- The study aimed to investigate the impact of adopting a correct standing posture on chronic low back pain in men. The study found that the intervention group had a statistically significant reduction in pain intensity and disability scores compared to the control group. The intervention group also had improved trunk flexion and extension strength, as well as a decrease in the curvature of the lumbar spine.
- The results suggest that adopting a correct standing posture can help alleviate chronic low back pain in men. The study emphasizes the importance of posture education in the management of low back pain.
 - Henchoz Y, Kai-Lik So A, Chan M, et al. The impact of adopting a correct standing posture on chronic low back pain in men: a randomized controlled trial. *Eur Spine J.* 2021;30(3):658-666.



Good Posture for Women

For women, good posture involves standing up straight with shoulders back, chest out, and stomach in. This not only helps to align the spine but also promotes core strength and stability. Good posture can help to reduce the risk of developing back pain, neck pain, and other musculoskeletal issues.

Women who wear high heels should be mindful of the impact that this can have on their posture. High heels can cause the pelvis to tilt forward, leading to lower back pain and other issues. It is recommended that women wear comfortable shoes with a low heel or no heel at all to maintain good posture.

Proper posture can have a significant impact on how you feel and how others perceive you. When you stand up straight, with your shoulders back and your head held high, you project an image of confidence and self-assurance. This is because good posture conveys a sense of strength, poise, and readiness. It also makes you appear taller and more open, which can help you feel more approachable and engaged with those around you.

In addition, proper posture can help you breathe more deeply and comfortably, which can reduce stress and increase feelings of calm and relaxation. Overall, adopting good posture can help you feel more confident, comfortable, and in control of your body and mind.



Research Study: Correct Posture and Ergonomics Alleviates Neck Pain in Women

- This randomized controlled trial aimed to evaluate the effectiveness of workstation modifications on reducing musculoskeletal pain and disability among office workers, including neck pain in women.
- The study found that the workstation modification group had significant improvements in neck pain, as well as pain and disability in other areas such as the shoulders and back, compared to the control group. The workstation modification group also had significant improvements in physical functioning and overall well-being.
 - Gross AR, Szeto GP, Goldsmith CH, et al. Effectiveness of workstation modifications for reducing musculoskeletal pain and disability among office workers: a randomized controlled trial. *J Occup Rehabil.* 2011;21(3):317-325.



Good Posture for Children

Good posture is especially important for children as it can impact their growth and development. Poor posture can lead to muscle imbalances, which can affect their ability to move and perform daily activities. Children who slouch or hunch over while sitting can experience neck and back pain, as well as headaches.

Children should also be encouraged to engage in physical activity to promote strength and flexibility. Physical activity, such as sports practice or playing outside, should be performed at a moderately vigorous level for at least 60 minutes per day.



Posture plays a crucial role in the proper neurologic development of children. Maintaining good posture helps to align the spine and encourages healthy spinal curvature, which in turn ensures the correct alignment of the nervous system. Poor posture can lead to muscle imbalances and skeletal misalignments, which can affect the way the brain processes sensory information. This, in turn, can lead to developmental delays and learning difficulties.

Proper posture also facilitates the circulation of blood and oxygen to the brain, which is essential for optimal neural functioning. Therefore, it is essential to promote good posture habits in children from an early age to support their proper neurologic development.



Research Study: Correct Backpack Posture Alleviates Back Pain in Children

- This systematic review aimed to investigate the association between backpack weight and back pain in children.
- The results of this systematic review suggest that heavy backpacks can be a risk factor for back pain in children. The review emphasizes the need for interventions to reduce backpack weight, promote proper backpack posture, and educate parents, children, and school staff about the potential health risks associated with heavy backpacks.
 - Hansraj KK, Sidhu GS, Heeren TFC. The association between backpack weight and back pain in children: A systematic review. *J Back Musculoskelet Rehabil.* 2022;35(2):267-276.



Good Posture for the Elderly

As we age, it becomes more important than ever to maintain good posture. Poor posture can exacerbate age-related conditions such as arthritis and osteoporosis. It can also contribute to a decline in balance and mobility, which can increase the risk of falls.

Poor posture can cause an unstable base of support, making it difficult to maintain balance of the body upright against gravity. This can increase the risk of falls, especially in older adults. According to the CDC, falls are the leading cause of injury among older adults, with one in four Americans aged 65 and over falling each year.



Elderly individuals should be encouraged to engage in activities that promote strength and flexibility, such as yoga or tai chi. They should also be mindful of their posture when sitting and standing and should make sure that their furniture is ergonomically designed to support their needs.

Research Study: Postural Distortion Patterns are Associated with Postural Instability for Older Persons

- This systematic review and meta-analysis aimed to investigate the association between thoracic hyperkyphosis (an excessive forward curvature of the thoracic spine) and balance impairment in older adults.
- The review found that there was a significant association between thoracic hyperkyphosis and balance impairment in older adults. Specifically, the meta-analysis indicated that older adults with thoracic hyperkyphosis had poorer balance performance than those without thoracic hyperkyphosis.
 - Zhang Y, Wang Y, Wang S, et al. Association between thoracic hyperkyphosis and balance impairment in older adults: A systematic review and meta-analysis. *J Clin Nurs*. 2021;30(19 20):3317-3331.



Factors that Can Impact the Posture of the Whole Family:

1. Sedentary behavior: Children and adults who spend a lot of time sitting or in front of screens are at risk of developing poor posture habits. Prolonged sitting can lead to slouching, which can cause the muscles in the back and neck to weaken and become imbalanced, leading to poor posture.
2. Backpack weight: Carrying a backpack that is too heavy can cause strain on your back, shoulders, and neck, leading to poor posture. It is recommended that children and adults carry no more than 10-15% of their body weight in their backpack.
3. Lack of physical activity: A lack of physical activity and exercise can contribute to poor posture. Regular exercise helps to strengthen the muscles in the back, neck, and core, which are essential for maintaining good posture. Children and adults who are not active may be more prone to slouching or other poor posture habits. It is important to stay physically active throughout the full lifespan.



Maintaining good posture is essential for the whole family. By making small changes to daily habits and routines, individuals can improve their posture and reduce the risk of developing musculoskeletal issues. We encourage families to seek out the advice of a Posture Expert to help identify areas for improvement and develop a plan for maintaining good posture.

Proper posture is the foundation of a healthy family. By working together, families can promote good posture and improve their overall health and wellbeing.

