

# Achieving Wellness

Victoria Family Chiropractic

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## What's So Important About Posture?

Good posture allows your body to work more efficiently. When you work efficiently, it frees up energy to combat stress and fatigue and be more conscious of your environment.

The causes of poor posture include accidents, poor sleep, excessive weight, visual or emotional difficulties, foot related problems, muscle imbalances and deconditioning, lack of education about how to sit, stand, and sleep, poor ergonomics, poor self esteem, and stress.

During your initial consultation we will assess your posture and report it to you. However, if you want to test your own posture or a friend's, try this:

Stand with the back of your head and your buttocks touching a wall with your heels six

inches from it. Use your hand to check the distance from the wall. If your hand is within one to two inches off the wall, you are on the right track.

More than 80% of injuries can be traced back to poor posture. What is more amazing is that up to 90% of the brain's energy can be devoted to posture. Good posture uses less energy than poor posture, which allows brain energy to be used elsewhere.

Poor posture can lead to fatigue, decreased range of motion, increased discomfort or pain, decreased lung capacity, nerve interference, bowel function, looks, and it can accelerate spinal degeneration.

Simply put, good posture is good for your health!

## IMPROVING YOUR POSTURE

**Sleeping:** Buy good bedding; we spend one third of our lives in bed. A firm mattress supports the spine and maintains its natural curves. The best sleep position is on your side, a pillow between your knees and ankles, your head supported by a pillow. This allows your spine to be kept in a neutral position.

Otherwise, sleep on your back, avoid thick pillows, or use a small pillow under your neck. Avoid sleeping on your stomach.

**Sitting:** Take micro breaks every 20 minutes. Is your workstation ergonomically correct? Things should be within easy reach, wrists in a neutral position, and aim for 90-degree angles between joints. Do not sit on your wallet as it can alter your pelvis' placement.

**Exercise:** Keep your weight down, allowing your body to work more efficiently, keep you

flexible, and help tone muscles needed to maintain your posture.

**Lifting:** Activate your core muscles by squeezing your buttocks together, sucking in your belly button and tensing your abdominal muscles. Do this every time you lift and make it a habit. Always position you body as close to the object as possible, face the object squarely, and use your legs while keeping your back flat. Avoid twisting.

**Standing:** Keep your head high (your ears should be directly over your shoulders), shoulders back, and stomach tucked in.

**Chiropractic:** Achieving proper posture can be impossible with vertebral subluxations causing muscle imbalances. Chiropractic is vital in achieving wellness and correct posture.

HEALTH  
IS NOT  
CHANCE,  
IT'S A  
CHOICE



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**