

Try setting a reminder on your phone or even a note on the fridge or on the top of your computer screen as a mental note to stop slouching.

We are not telling you to sit up straight all day in a prolonged posture, as any posture for long periods is not good. Small periods of the day in a more aligned posture is ideal, however frequent movement is still important.

Useful resources:

<http://www.nhs.uk/Livewell/Backpain/Pages/back-pain-and-common-posture-mistakes.aspx#cradling>

[Patient advice and liaison service \(PALS\)](#)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Posture Management

A patient's guide



Most people have no idea how good their body is designed to feel!

That age old phase shouted from your mother “sit up straight” “shoulder’s back” “stop slouching” seemed like nagging at the time, but was in fact great advice.

Many of us make New Year’s resolutions every year to try and improve our general health and fitness along with setting ourselves goals for the upcoming year. Unfortunately, posture for many people is commonly overlooked but is something that can undo all the good work you do in the gym.

When we stoop or slouch- our ligaments are stretched or strained and our muscles have to work hard trying to support our back as best it can. Unfortunately this can sometimes lead to back or neck pains, headaches, muscle tension and injuries.

Improving your posture will help to activate more muscles and boost their efficiency, meaning that by sitting up straight you are burning calories

Correcting your posture is bound to feel awkward and unnatural initially as your body has previously taken the path of least resistance (the easy comfortable position), however the more you work at it, the more your muscles and joints will strengthen and it will become easier. It will soon become more natural to sit with good posture.

Unfortunately, the force of habit often brings us right back to the start but posture takes perseverance and commitment.

Most of us, regardless of our job, are guilty of looking down at computers/smartphones/newspapers for long periods of time. You may have noticed your neck feeling a bit sore or tired by the end of the day. That is because our head is heavy. Any prolonged position where the head is leaning forwards in that standard “chin poke” “head down” posture causes the muscles at the back of our head/neck to work harder than normal.

If you stand for long periods throughout the day you’re probably just as guilty, whether it is just at the bus stop, in a queue at the shops, or while at work- standing with good posture can align our joints better but can also help us look **taller, slimmer and more confident.**

Often it is unrealistic for us to get up and move from our desks every 20 minutes. So try adjusting your posture and complete a few movements such as rolling your shoulders, looking from side to side, turning your whole body to look over each shoulder. Trying this hourly keeps your joints loose, muscles relaxed and you feeling good. Let’s be honest- not a massive commitment, is it?

If you are at home enjoying a well-earned day off or simply enjoying the latest episode of standing up and sitting down a few times in a row or marching your feet on the spot can be beneficial to prevent stiffness, muscle aches and pains.

The first step of changing your posture is **awareness**. Despite our best intentions, as soon as something more pressing comes to mind, our posture often goes straight out the window.