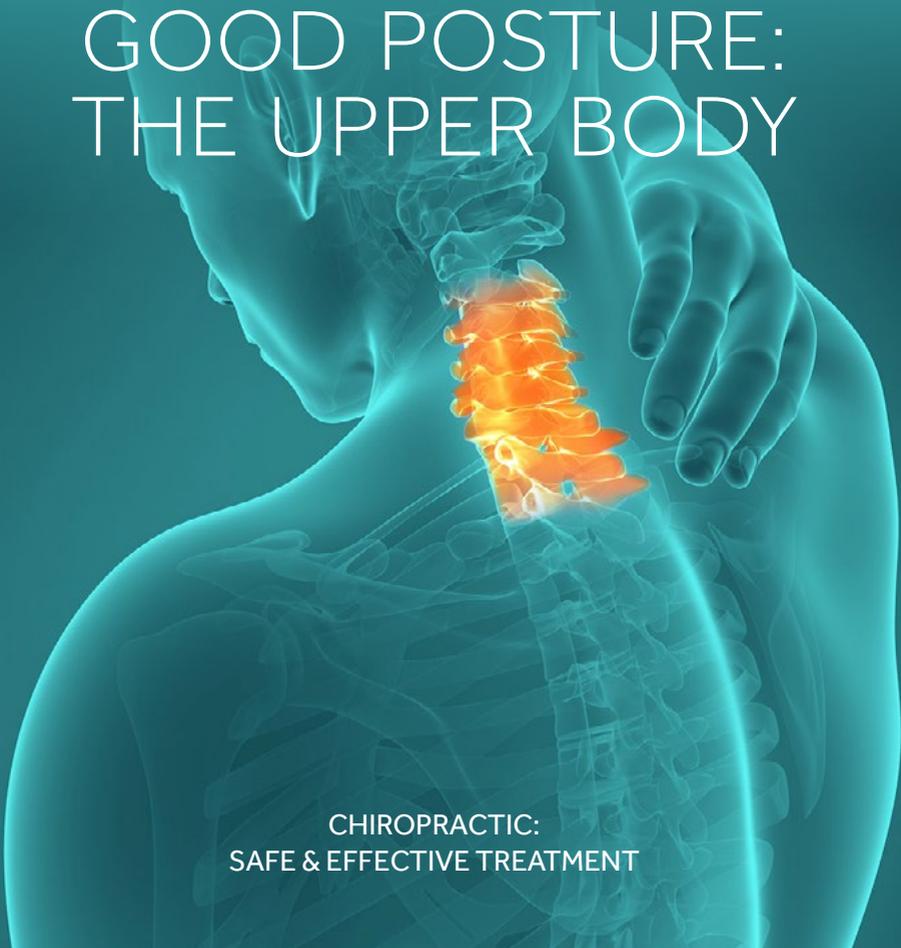




newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

GOOD POSTURE: THE UPPER BODY



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

Tel: 01635 48088

www.newburychiropracticcentre.co.uk

GOOD POSTURE: THE UPPER BODY

Posture refers to the carriage of the body as we sit, stand, walk, kneel or squat. It is determined by the structure of the body which may be influenced by genetic and emotional factors. Our modern lifestyles, combined with forces of gravity, can ruin a healthy upright posture!

Slouching often begins in childhood, sitting in front of the television and at school desks, continuing into adulthood when we sit in meetings and in front of computers. As we become older, osteoporosis (the thinning of the bones) and osteoarthritis (wear and tear) often result in or contribute to poor posture.

Sitting down continuously for one hour or more combined with inactivity can aggravate poor posture, making pain a likely consequence..

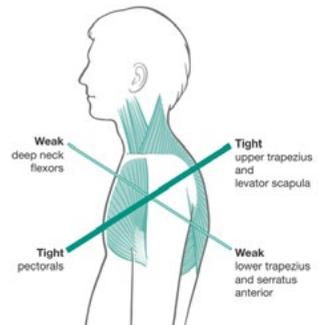
What is a correct posture?

Good posture is characterised by an upright stance with shoulders down and back and arms hanging loosely by the sides. One of the most common poor postures is 'upper crossed syndrome' as shown below. The shoulders are rolled forward and upwards, and the chin juts forward, accentuating the normal curve of the upper back (thoracic kyphosis) and reverse curve of the neck (cervical lordosis).

If this poor slumped posture is not addressed, the normal length of the postural muscles changes and they become unbalanced and weak, potentially causing problems that can affect the joints of the spine and shoulders.

Adopting a positive posture with your shoulders pulled back and your back straight can help to keep the muscles balanced and reduce posture-induced problems.

To prevent some of the pain from a poor posture, pull the belly button in towards the back of your spine using just your stomach muscles, remembering to relax and breath at the same time. Hold this 'brace' for 10-15 seconds, then relax. Combining this exercise with rolling the shoulders backwards and downwards can help maintain a healthy posture.



Upper crossed syndrome



Good posture at your workstation

When you work at a desk or computer, it is important to adapt your surroundings to encourage a healthy posture. Reading or writing may cause neck and shoulder strain. A writing wedge or book support can prevent this strain. The keyboard and monitor should be directly in front of you so that you are not rotating your neck or low back, with the monitor at eye level. When typing, your fingers should rest on the keyboard with your wrists straight, elbows bent at 90 degrees and shoulders relaxed as shown below. Always take a break after 30-40 minutes of intense work, and change your activity completely. Your chiropractor can help you adopt and maintain a healthy posture.

To prevent some of the pain from a poor posture while undertaking desk work, perform the following simple exercise regularly: For 20-30 seconds each time, gently roll your shoulders back and down (by squeezing shoulder blades together), rotate your hands outward and tuck in your chin.



DO NOT	DO
<ul style="list-style-type: none">• Slouch• Sit in a saggy chair• Use a low desk or table• Sit for too long at a time• Tense your neck, shoulders or wrist	<ul style="list-style-type: none">• Sit in a firm, supportive chair with arm rests if possible• Use adequate back support• Use a desk of appropriate height• Take regular breaks

FAQs ABOUT CHIROPRACTIC



What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.