



newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

GOOD POSTURE: THE LOWER BODY



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

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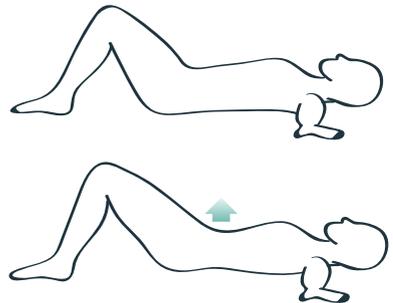
GOOD POSTURE: THE LOWER BODY

Posture is the way we sit, stand, walk, kneel or squat. It is determined by the structure of the body and can be influenced by genetic and emotional factors. Our modern lifestyles, combined with forces of gravity, can ruin our healthy upright posture.

An incorrect posture can potentially lead to injury and pain through unbalanced supporting muscles. Specifically, a poor lower body posture can affect the way you walk, sit and stand. This can put increased stresses on areas left weak, such as the lower back.

What is a good posture?

'Pelvic neutral' is a good lower body posture to assume. One way to find this position is to lie on the ground with your knees bent, keeping your feet on the floor. Tilt your pelvis backwards, flattening your lower back against the floor, then tilt your pelvis forwards by arching your lower back. Pelvic neutral is the halfway point between these two end points, and ensures an optimum position for the lower spine, pelvis and the surrounding muscles.



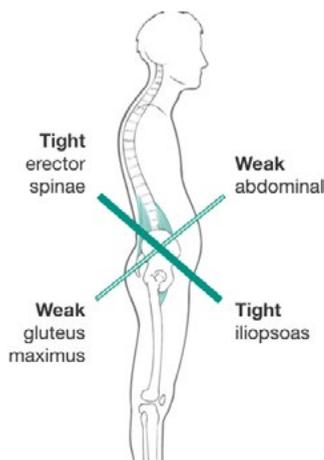
One of the most common poor postures is 'lower crossed syndrome'. The lower back muscles become unbalanced causing the pelvis to roll forwards. This results in weakened abdominal and buttock muscles, and tight lower back muscles creating an increased curvature in the lower back (hyperlordosis) as shown below.

As with an upper body poor posture, if this posture is not addressed, the normal length of the postural muscles change, becoming unbalanced and weak, potentially causing problems that can affect the joints of the spine and make them more susceptible to injury. Adopting a military posture with your shoulders pulled back



and downwards, the back straight and your tummy muscles pulled in towards your spine 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.



Lower cross syndrome

Carrying bags

The loads that we carry can affect posture and cause damage to the muscles and ligaments of the spine. The way in which a bag is carried can be a strong factor in reducing back pain especially in children with heavy school bags or adults carrying laptops:

- If a bag needs to be carried, a rucksack is the best option as long as it is carried over both shoulders.
- Adjust the straps so that the bag is held close to the back and weight is evenly distributed. Keep it light – make sure unnecessary excess weight is not carried.
- Good sensible footwear can also help to maintain a good posture and reduce back pain.



INCORRECT



CORRECT



INCORRECT

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**.