



Know Your Joints  
Muscle and Joint  
Care Suggestions

# **I always talk about how Slouching is horrible for your Neck and Back, makes it harder to Breathe, and causes muscle Tightness, but here are 3 additional problems with this poor posture.**

**According to Harvard Health Slumped Posture may cause or exacerbate.**

- 1. Incontinence. Poor posture promotes stress incontinence — when you leak a little urine if you laugh or cough by increasing abdominal pressure, which puts pressure on the bladder. The position also decreases the ability of the pelvic floor muscles to hold against that pressure**
- 2. Constipation. Poor posture on a toilet — hunched over with your knees lower than your hips — can promote constipation. The position closes the anus somewhat and makes it harder for the abdominal muscles to help move feces out**
- 3. Heartburn and slowed digestion. Slouched posture after a meal can trigger heartburn caused by acid reflux (when stomach acid squirts back up into the esophagus). Slouching puts pressure on the abdomen, which can force stomach acid in the wrong direction and some evidence suggests that transit in the intestines slows down when you slouch.**

**What to do? Maintain the natural curves to your spine, as I say “Protect the Curves”. Try to bring your shoulders back and back, pull your head back and up, and engage your core muscles through a slight abdominal brace (tightening) most of the time. You can also try bringing your belly button in toward your spine, as if you're zipping up a snug pair of jeans. Hold that position for a few seconds each hour. It is also not a bad idea to do a Kegel Exercise at times throughout the day. Other tips from Harvard health: Use a low back (lumbar) support pillow to remind you to sit upright in a chair, and change your position every 15 to 20 minutes.**

**Good Motion and Posture is Good Health.**