

Protect/Maintain the Curves/Posture



Know Your Joints
Muscle and Joint Care Suggestions

Details: Good standing posture

There are several postures which may cause back pain. When standing, keep these tips in mind:

- Stand straight and tall with your shoulders back.
- Keep your head level and in line with your body.
- Pull in your abdomen and keep back neutral.
- Keep your feet about shoulder-width apart.
- Don't lock your knees.
- Bear your weight primarily on the balls of your feet. Grip floor with feet.
- Let your hands hang naturally at your sides.
- Keep shoulders retracted and chest up.

Keep the natural curves to your spine with head and shoulders back.

If you have to stand for long periods of time, shift your weight from your toes to your heels or from one foot to the other. Although good posture should be natural, you might feel wooden or stiff at first if you've forgotten the sensation of sitting and standing up straight. The key is to practice good posture all the time.

