



## Know Your Joints Muscle and Joint Care Suggestions

# What are best Postures?

**Summary:** Good posture is crucial for preventing pain and promoting musculoskeletal health. It's important to continuously adjust your posture as needed. General guidelines for good posture include:

**Standing:** Distribute weight evenly on both feet, maintain a straight line from ears to ankles, and engage core muscles.

**Sitting:** Sit with a straight back, feet flat on the floor, and knees at or below hip level. Use lumbar support and avoid crossing legs.

**Computer Use:** Position the monitor at eye level, keep the keyboard and mouse within reach, and take regular breaks.

**Lifting Objects:** Bend at the hips and knees, keep the object close, lift with your legs, and avoid twisting the spine. Engage core muscles.

**Sleeping:** Use a supportive mattress and pillows. Adjust support based on your sleeping position.

**Driving:** Adjust the car seat, keep hands at 9 and 3 or 8 and 4, and use lumbar support if needed. Engage core muscles.

**Smartphone Use:** Hold devices at eye level and take breaks to prevent neck strain.

Consistent practice, stretching, and strengthening exercises are key to maintaining good posture. If you have pain or discomfort, consult a healthcare professional or physical therapist for guidance.

Maintaining good posture is essential to prevent pain and promote overall musculoskeletal health. It's often said that the best posture is the next one, which implies that you should continuously adjust and not remain static. The optimal posture can vary depending on your specific activity or situation, but here are some general guidelines for good posture:

#### **Standing Posture:**

- Distribute your weight evenly between both feet.
- Stand with your feet shoulder-width apart.
- Keep your knees slightly bent, avoiding locking them.
- Maintain a straight line from your ears, shoulders, hips, down to your ankles.
- Engage your core muscles to support your spine by gently tightening your glutes and abs.

#### **Sitting Posture:**

- Sit with your back straight, shoulders back, and your buttocks touching the back of the chair.
- Keep your feet flat on the floor or on a footrest.
- Consider using a chair with good lumbar support or add a small cushion for lower back support.
- Ensure your knees are at or below hip level.
- Avoid crossing your legs for extended periods.

#### **Computer Use:**

- Position your computer monitor at eye level to reduce strain on your neck.
- Place your keyboard and mouse within easy reach, with your elbows close to your body.
- Take regular breaks to stand up, stretch, and walk around.

#### **Lifting Objects:**

- When lifting heavy objects, bend at your hips and knees, not at your waist.
- Keep the object close to your body.
- Lift with your legs, not your back.
- Avoid twisting your spine while lifting.
- Engage your core muscles by gently tightening your glutes and abs to support your spine.

#### **Sleeping Posture:**

- Use a mattress and pillow that provide proper support for your body.
- When sleeping on your back, place a small pillow under your knees.
- When sleeping on your side, use a pillow that supports the natural curve of your neck.
- Avoid sleeping on your stomach, as it can strain the neck and back in most cases.

#### **Driving Posture:**

- Adjust your car seat so that your back is properly supported.
- Keep your hands at 9 and 3 or 8 and 4 on the steering wheel.
- Use a cushion or lumbar roll for additional support when needed. At times, engage your core muscles by gently tightening your glutes and abs to support your spine.

#### **Smartphone and Texting Posture:**

- Hold your smartphone or device at eye level to prevent hunching over.
- Take breaks from texting and using devices to stretch and relax your neck and shoulders.

Remember that maintaining good posture is an ongoing practice. Regular stretching, strengthening exercises, and awareness of your posture can help prevent pain and discomfort. If you have existing pain or discomfort, it's advisable to consult with a healthcare professional or a physical therapist for guidance on improving your posture and managing any specific issues.

# What are better Postures?

Chin tucked, Shoulders down and back with a neutral neck

Engaged core with no thoracic extension

Neutral hips and spine posture

The feet should have a strong stable arch. Weight should be distributed evenly.



Knees Slightly Bent

Shoulders rounded with a forward head

Hips Forward - Anterior Pelvic Tilt: likely tight hip flexor complex and weak core and glutes



### WORKSTATION ERGONOMICS – THE IDEAL SET-UP

top of monitor at eye level or just below

monitor roughly arms length away

minimal bend at wrists

back straight

elbows close to body

backrest supporting lower back

adjustable swivel chair

document holder

front of seat not pressing on back of knees

feet flat on ground or resting on footrest

90°-120°

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