

How to Check Your Posture

Why check posture: Your posture is a window to your health. Your spine protects and supports your nervous system. Your nervous system controls and coordinates every organ and function in your body. Poor posture places abnormal stress on your nervous system. This can result not only in pain and muscle spasm but also arthritis and other systemic diseases.

Front Posture

- 1) Ideally you should wear shorts and a T-shirt. Your shirt should be tucked in.
- 2) Stand facing a full size mirror.
- 3) Close your eyes. Nod your head two times and walk in place two times. Relax and open your eyes as you look straight into the mirror. This will be your posture.
- 4) Without moving your head, look down with your eyes at your feet
 - a. Is one foot turned in more than the other?
 - b. Are your knees pointing straight? Are they at the same level?
 - c. Are your hips level?
 - d. Do your hands and fingers fall to the same level?
 - e. Are your shoulders level?
 - f. Are your ears the same level?
 - g. Do your eyes appear level?

Side Posture

- 1) Stand with your back 1-2 inches away from a wall.
- 2) Close your eyes, nod your head two times and walk in place two times. Open your eyes, look straight forward and don't move your head.
- 3) Carefully move backwards until a part of your body touches the wall. This may be your heels, buttocks muscles, mid back or your head.
- 4) Correct posture involves having your buttocks muscles, mid back and the back of your head touching the wall at the same time.

Check your posture like this at least 1 time per day.

Posture faults can sometimes be helped with stretching, flexibility and strengthening exercises.

If these techniques do not help, seek the help of a chiropractor or physical therapist.