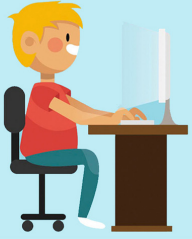


## SURVIVE SITTING ALL DAY.



Sitting in a hunched position for long hours at a time can cause severe damage to your natural body posture. According to Mayo Clinic, sitting up in a straight position is important to maintain a healthy posture.

For this, you simply need to keep your feet on the ground and sit with your hips touching the back of the seat. Your knees should be placed at a 90 degree angle and your head and shoulders should be stacked over your hips.

If you spend most of your day on your feet, try to sit every 2 hours for a few minutes to rest your back.

## STANDING TALL.



One of the easiest ways to acquire a poor posture is to slouch while standing. WebMD reports that your body loses its correct alignment when you slouch.

Start noticing your standing posture more frequently throughout the day. When you make a conscious effort to correct a slouching posture, you'll begin to stand taller with more ease.

## TEXTING.



Looking down at our phones is changing the curvature of our upper spine in unhealthy ways. Over time, hunched texting posture puts increased pressure on the cervical spine and can lead to premature disc degeneration.

The adult head weighs about 10 to 12 pounds, so when you're standing upright with perfect posture, that's the amount of stress that's on your spine. Make sure your ears are aligned with your shoulders and your shoulder blades are back in the neutral position. This means putting your phone pretty much directly in front of your face.

## CARRYING A BAG.



Carrying a heavy bag or purse on one side of your body leads to an imbalance in posture. In the long term, you might end up with soft tissue injuries and postural misalignment without you even noticing. Carrying bags weighing more than 4.5 lbs on a regular basis can result in muscle pain and spine problems.

### Strategies for a Back Friendly Bag:

- Pick the smallest bag you can.
- Aim for symmetry.
- Switch sides.
- Designate different bags for different uses.
- Wear a backpack.
- Pull bag on wheels.
- Choose thick straps.
- Aim to carry less than 10% of your body weight.

## SLEEPING ON YOUR BACK OR SIDE IS IDEAL!



Avoid sleeping on your stomach! It puts too much torque on your neck and upper back. When thinking about sleeping posture, imagine what you'd look like if you stood up in your sleep position. Is your head jutting forward, is your back overly curved, are you leaning? If you're bending your hips in side position,

are your knees at a 45 degree angle to your hips, or are they bent at 90 degrees? Be sure to sleep on a firm to medium-firm bed. Soft beds don't support your bodyweight well and they can alter the curves in your spine.

## AVOID RECLINING YOUR SEAT WHEN DRIVING.



Drive with your seat backrest in an upright position and avoid reclining your seat. Sit up tall so your head is over your hips (as much as possible). Slouching might feel comfortable, but it puts stress on your spine. Check your headrest, it should support the back of your head instead of pushing it forward. And do your best to have your hips and knees level as possible.

Once you're sitting with good posture, adjust your mirror to this new, upright position and leave it there. Later, if you find that it's hard to see out of the mirror, sit up taller instead of adjusting the mirror.

# WAYS TO IMPROVE BACK POSTURE IN YOUR EVERYDAY LIFE



- Low back pain is the single leading cause of disability worldwide - Global Burden of Disease 2010.

- Back pain is one of the most common reasons for missed work.

- One-half of all working Americans admit to having back pain symptoms each year.

- Experts estimate that as much as 80% of the population will experience a back problem at some time in their lives.

- Most cases of back pain are due to mechanical imbalances caused from poor posture or incorrectly bending.

- Americans spend at least \$50 billion each year on back pain—and that's just for the more easily identified costs.

**50 TO 80 %**  
OF AMERICANS  
COMPLAIN OF **BACK PAIN**  
DURING THEIR LIFETIME,  
AND **POOR POSTURE**  
IS A COMMON CONTRIBUTOR.

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 <https://www.linkedin.com/in/davidabookire>

