



Week 1: Is There a Perfect Posture?

Bottom Line:

"Sit up straight and stop slouching!" You've likely heard this since childhood, but is there such a thing as perfect posture? The answer is a bit complicated.

Why It Matters:

The latest research shows that it may be more important to think about a "dynamic" posture versus a perfect posture. Your posture is made up of a dynamic pattern of responses, reflexes, and habits, not a single position. Gravity, your work environment, and your anatomy all play a role. For instance, sitting for hours on end staring at a computer screen is a perfect example of an imbalanced and challenged posture as a result of ergonomics. Over time, this imbalance can lead to forward head posture, which places stress on the neck and shoulders and weakens the supporting muscles.

Next Steps:

While "perfect" posture may not exist, strength and flexibility play a significant role in your posture. Having good core strength and balancing that strength with flexibility can help you dynamically adapt to your environment. If you spend your days looking at a computer, let us know! We'll be happy to recommend a care plan to help you balance the effects of all that screen time.

Science Source:

Effects of Lower Trapezius Strengthening Exercises on Pain, Dysfunction, Posture Alignment. MSM. 2020.

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