



Wellness News Network™

Your Source for Health & Wellness Information

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Posture

Presented by:

Introduction

The postures of standing, sitting, or walking are closely interlinked with our health, joints, and spine. Bad posture occurs every minute of daily life if we are not aware of our body alignment. It can come in the form of forward head placement, slouching, hunching, and awkward pelvic placement. At initial stage, these bad postures may have insignificant impact on your health. However, if they are developed as habits and the body gets adapted to the imbalanced posture alignment, it will be too late to remedy. The negative health effects of bad posture can vary widely due to the subjectivity of different bodies. Without doubt, it has both short-term and long-term adverse impact on our health.

Symptoms of postural imbalances

The common symptoms of bad postures include rounded shoulders, a potbelly, back pain, body aches, spinal dysfunction, joint degeneration, bent knees when standing or walking, head which leans forward or backward, muscle fatigue, and headache. (1) If you have persistent symptoms, your alarming body is asking you to seek help from a professional Chiropractor or Physiotherapist to improve your posture and spinal health.

Dramatic impacts of postural imbalances

Neck and Back Pain

When a person has poor structural bio-mechanics, it is common to start with an anterior head carriage, leading to pain in the upper back and neck. Since the lower back is forced to compensate for the imbalanced posture, this creates a lessened curve in the lumbar spine. This problem can become chronic because it makes a person more susceptible to injury over time. It may also constrict the nerves and blood vessels in those areas.



QUESTION:
How often does bad posture occur, if we let it?

- A.) Once a day
- B.) Every hour
- C.) Every minute

ANSWER:
C.) Every minute of the day, we need to be constantly aware

QUESTION:
Incorrect posture brings tension and strain to...

- A.) neck
- B.) shoulder
- C.) spine
- D.) all of the above

ANSWER:
D.) all of the above

TRUE OR FALSE:
Bad posture has been proven to have a negative effect on mood and self-confidence

ANSWER:
True

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Breathing Difficulties

Slouching is the leading cause of difficulty breathing and speaking. It constricts our lungs and diaphragm, thus restricting blood and oxygen flow. The lungs function optimally when the diaphragm and rib cage can expand properly. (3) This is vitally important when engaging in physical exercise since our body requires more oxygen intake to meet the physical demands of the activity.

Tension Headaches

Bad posture puts stress on the muscles of the neck and head, which mainly afflicts women over the age of 20. (4) More often these headaches are attributed to a poorly set up work environment in the office. Desks and monitors are placed too high or low; chairs may not be able to provide adequate support, and they are not ergonomically designed for improved comfort. The incorrect posture causes tension and strain on our neck, shoulder and spine, eventually working their way up to our head, which causes tension headaches.

Digestive Issues

Poor sitting and slouching habits contribute to digestive issues such as acid reflux, heartburn, and hernias, which make you feel as if your throat, stomach, and chest are burning. The imbalanced posture not only weakens our digestive system, but also causes the development of the unsightly belly pouch that women dread. By sitting up straight, it can help improve our digestion as well as lose a few inches in the waist.

Depression and Stress

Bad posture has been proven to have a negative effect on mood and self-confidence. In a study conducted by San Francisco State University, students were asked to walk down a hallway in a slouched position or by skipping. Those who slouched while they were walking experienced increased feelings of depression and decreased energy levels. (2) When our body is slouched and remains in a wrongly seated position for an extended period of time, our internal processes slow down. Hence, the energy levels decrease, which further affects our mood, leading to depression and stress. If we sit poorly for a prolonged period, our heart and lungs are forced to work harder to pump blood and circulate oxygen, which causes undue stress on the internal organs and muscles. Thus, it is important to sit in an upright position with your shoulders and chest broad.

Suggestions

Good posture feels effortless. Listen to your body and make adjustments while standing and sitting. Get into the habit of regularly tuning in to your body. If you feel muscle tension or fatigue, move into another position. We can correct poor posture through chiropractic care, exercise, and activities like yoga.



Quote to Inspire

“Life’s field will yield as we make it; a harvest of thorns or of flowers “

Johann von Goethe

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