

How to Check Your Posture

Why check posture: Your posture is a window to your health. Your spine encases 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 results 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 in the same direction? Are they at the same level?
 - c. Are your hips level?
 - d. Do your hands and fingers fall to the same level?
 - e. Do you see more of the back of your hands or your thumbs?
 - f. Are your shoulders level?
 - g. Look at your jaw line and neck muscles. Can you see more of your neck muscles on one side compared to the other?
 - h. Are your ears the same level? Can you see more of one ear than the other?
 - i. Do your eyes appear level?

Gently correct any imbalance you see. A good tip is to imagine a string is attached to the top of your head pulling you up and back.

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 part of your body touches the wall. This may be your heels, gluteal muscles, mid back or your head.
- 4) Correct posture involves having your gluteal muscles, mid back and the back of your head touching the wall at the same time. A good tip is to imagine a string attached to the top of your head pulling you up and back.
- 5) This posture may be difficult to assume or possibly painful at first. With practice it will start to feel natural to you.

When you have corrected your postural faults, close your eyes again and notice what good posture feels like. Check your posture like this at least 2 times per day.

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