



**Massage New Zealand Awareness Week  
14<sup>th</sup> – 20<sup>th</sup> October 2013**

***TEN TOP TIPS TO BETTER POSTURE***

Postural Stress can result from the daily stresses of life and repetitive occupational or recreational activities. If allowed to continue over a prolonged period of time the body will adapt by changes in muscle tone and posture.

Most commonly, habitual muscle tension produces rounded shoulders, closing in of the chest, shifting forward of the head and chin, anterior tilting of the pelvis and locking in of the knees so the body can obtain an upright position. This posture causes neck, shoulder and lower back pain, loss of mobility affecting basic functions such as sitting, standing, sleeping and even walking.

Regular massage from a MNZ Remedial Massage Therapist, combined with the following practical tips may help reduce the affects of daily physical and emotional stress and avoid poor posture.

1. Avoid or if possible reduce repetitive activity or staying fixed in one position for prolonged periods of time.
2. Take regular rest periods during your workday or daily activities to move and stretch.
3. Support your lumbar spine through an exercise programme that builds strength and flexibility to the abdominal muscles.
4. Avoid sitting for long periods of time, which shortens the hip flexor muscles, causing exaggerated curvature of the lumbar spine and lower back pain.
5. Refrain from sleeping on your stomach and reading in bed as these activities contribute to back and neck problems.
6. Emotional stress and tension affects posture in a negative way, regular exercise and good nutrition are very important in reversing these changes and regaining a positive healthy lifestyle and sense of well being.

7. Breathing exercises open up the chest, aids in relaxation and helps reverse the rounded shoulder posture adopted by clerical/computer work etc.
8. Arrange your work station so the computer screen and keyboard are directly in front of you at the right height so you are looking straight ahead at the screen and your arms and wrists are in a well supported neutral position, place the mouse close to your body to prevent over reaching.
9. Ensure that your chair is adjusted to the right height for you at your desk and provides good lumbar and arm support.
10. Avoid carrying or lifting heavy weights, which can be detrimental to posture causing muscle strain or injury.

Resources:

<http://www.acupunturesf.com/articles/myofascial-strain-syndrome.html>

<http://www.burtchiropractic.com/2011/04/08/four-causes-of-poor-posture/>

[http://en.wikipedia.org/wiki/poor\\_posture](http://en.wikipedia.org/wiki/poor_posture)

[http://jonespainrelief.com/ls\\_computer\\_work\\_killing\\_you.html](http://jonespainrelief.com/ls_computer_work_killing_you.html)

<http://www.physioadvisor.com.au/8390250/postural-syndrome-posture-pain-poor-pos...>

**DISCLAIMER: If you have an existing injury or condition please seek the medical advise of your doctor or physiotherapist.**