

STAND TALL, LIVE WELL

Your Guide to Better Posture

A practical leaflet for everyone, especially those recovering from back or orthopaedic injuries

Why Good Posture Matters

Poor posture can strain your muscles, ligaments, and joints—especially after an injury.

Whether you're standing, sitting, or sleeping, maintaining proper alignment helps to:

- Reduce pain and stiffness
- Improve healing and prevent re-injury
- Support better mobility and confidence in daily life

Support From The Ground Up: Feet

Your feet are your foundation. Misalignment here can affect your entire posture.

Consider a podiatry foot assessment or pressure mapping to identify imbalances and get custom orthotics.

Supportive shoes with good arch and heel support can make a big difference.

Posture Principles You Can Start Today

1. Sit Smart

- Feet flat on the floor or on a footrest
- Knees at hip level or slightly lower
- Use a lumbar cushion or rolled towel to support your lower back
- Keep your screen at eye level and elbows relaxed at your sides

2. Stand Strong

- Keep your weight evenly balanced on both feet
- Engage your core muscles gently
- Keep your shoulders back and relaxed
- Avoid leaning on one leg or slouching when standing for long periods

3. Sleep Supported

- Choose a firm, supportive mattress and a pillow that maintains your neck's natural curve
- Sleep on your side with a pillow between your knees or on your back with a pillow under your knees

Build Strength, Improve Flexibility

Stretching:

- Stretching helps release tight muscles (especially in the chest, hips, and hamstrings) that pull your posture out of alignment
- Try gentle yoga, foam rolling, or targeted rehab stretches

Strength Training:

- Strengthens core muscles to support your spine and builds stability and balance
- Begin with low-impact bodyweight exercises or physiotherapy-led programs

Always speak with a healthcare professional before starting a new program.

Ergonomic Supports

Here are tools that can make daily life easier and more posture-friendly:

- Ergonomic office chair with lumbar support
- Footrest to keep hips and knees aligned while sitting
- Standing desk or adjustable sit-stand station
- Laptop riser or monitor stand
- Posture-correcting cushions or wedge seats
- Orthopaedic pillows for sleeping
- Supportive shoes or orthotic inserts
- Posture reminders or wearable posture shoes

Move & Check In

- Take movement breaks every 30–60 minutes—stand up, stretch, or walk. It's not about sitting stiff all day!
- Listen to your body—discomfort is a sign something needs adjusting
- With small, consistent changes, you can reduce pain, build strength, and move with more ease and confidence.

When to Get Help

Contact a physiotherapist, orthopaedic specialist, or podiatrist if you:

- Have ongoing back, hip, or foot pain
- Notice one shoulder or hip higher than the other
- Experience numbness, tingling, or weakness
- Need advice on specific exercises, supports, or footwear