

# 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