

# REHAB NEWS



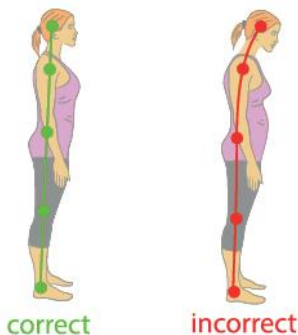
Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

## The Benefits of Good Posture

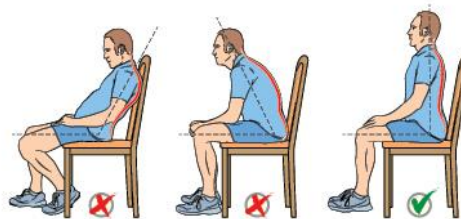
The way you hold your body is posture and the way you move your body is body mechanics. There are correct ways to hold your body when you stand, walk, sit, lift and even sleep. Proper posture allows us to move in the way we want, causing our bodies the least amount of strain and damage. Adapting proper posture is an essential part to maintaining a healthy skeletal structure as you age.

- ✓ **REDUCE PAIN** – Poor posture puts extra pressure on your discs and vertebrae and leads to injury and pain.
- ✓ **BREATHE EASIER** – Good posture allows more space for your lungs to expand.
- ✓ **INCREASE ENERGY** – When muscles are being used more efficiently it allows your body to use less energy.
- ✓ **IMPROVE BALANCE** – Posture is part of balance. With age, your body tends to lean forward which makes you unstable and increases your risk for falling.

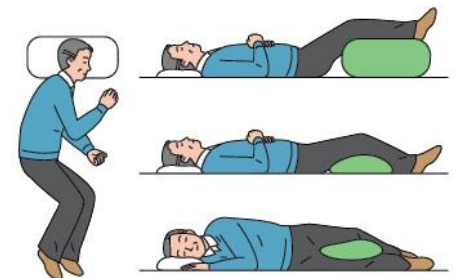
### Proper Standing Posture



### Proper Sitting Posture



### Proper Sleeping Posture



### Improve Your Posture with Physical Therapy

A physical therapist can help correct and improve your posture by designing an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. Your balance may be improved with exercises that strengthen the core, back, ankle, knee, and hip muscles along with exercises that improve the function of the balance system. Exercises that are focused on improving posture will stretch tight muscles and keep joints strong. If you have concerns about your posture, call your doctor and ask if physical therapy can help.

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