

◆ FIVE STEPS TO GOOD POSTURE ◆

A good posture means obtaining the right body alignment where you get the minimal tension and pressure in your joints and ligaments, and you use minimal effort to maintain it.

Here is your guide to achieve this:



Step 1: Put Your Tail Back

While sitting, bring your sitting bones and tail bone as close to your chair's back rest as possible.



Step 2: Hook your Back

Using your chair's armrest, lift yourself up from your seat, and slide your back down on the back rest. By doing this you will achieve traction of your lower back, and you should feel your back supported from the top.



Step 3: Soften your Ribcage

If you feel your ribcage flaring up, then push it softly toward your back rest. Your chest should be aligned with your pelvis and this will align your lower, middle and upper back.



Step 4: Hook your Shoulder

Circle your shoulder upwards, backward and leaving it hooked onto the back rest as if you just hang a frame on the wall. Repeat the same with the other shoulder. Relax your elbow on the arm rest.



Step 5: Chin tuck

Tuck your chin backward (to make double chin) like a soft nod, and push the crown of your head toward the ceiling. You will achieve a correct position of your neck and a traction of your back.

But even the best posture can't be held for a long time, so remember to move, stretch and reposition yourself every 30 minutes. For further information, contact KUUR on: