



Pain Free -START-

Upgrade Your Posture and **START** Your **PAIN FREE** Life Today



Head To Toe Of Posture

Starting at your feet work upwards through each area starting to explore your posture

Head, Neck (Cervical Spine) And Upper Back (Thoracic Spine)

An adult head weighs about 5kg/11lb - which is a lot! So it is not surprising that when it's not aligned properly problems occur. Your neck and upper back postures compensate for each other if you have a large curve at the neck then a large curve in the opposite direction is needed in the upper back to balance you out.

Lower back (lumbar spine) and pelvis

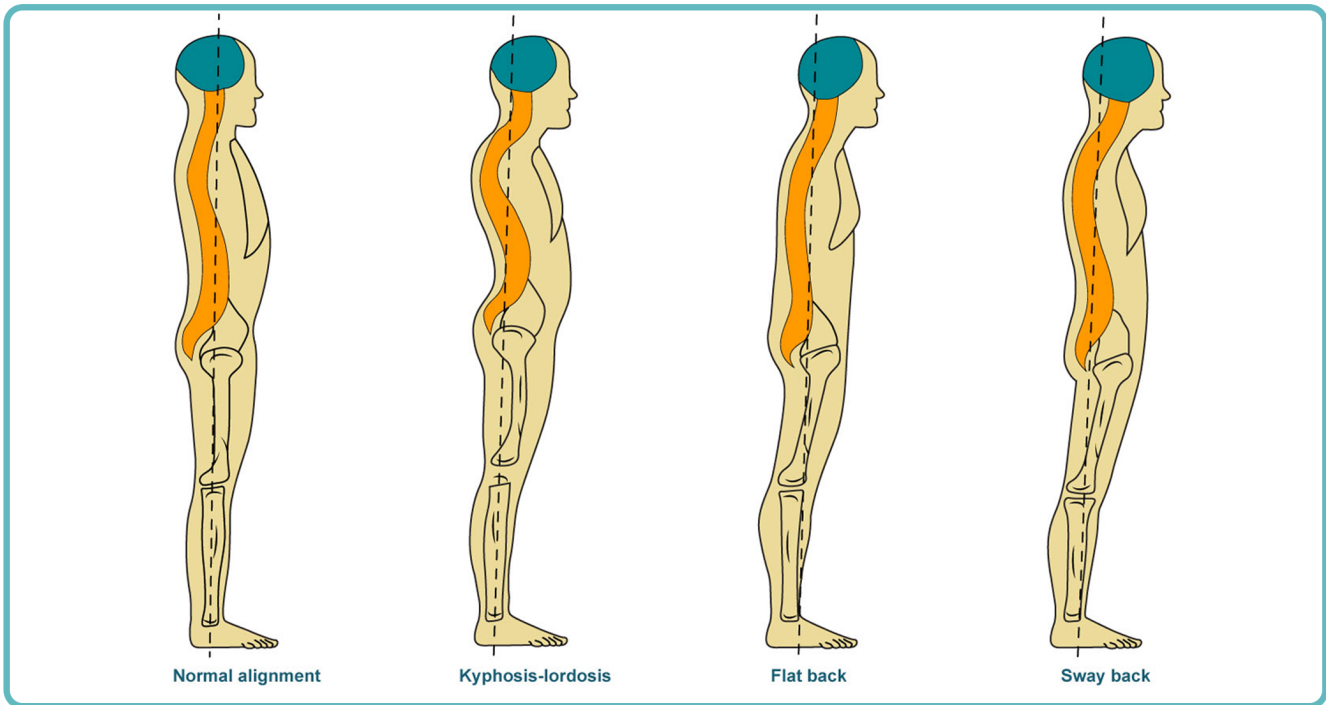
Your pelvis is designed to tilt forwards and backwards, as it is connected to the lower back movement of the pelvis directly effects the lower back posture and vice versa.

When the pelvis is tipped forwards the curve of you lower spine increases. When your pelvis is tipped back the curve in your lower back flattens out.

Knees and feet

In standing your knee is designed so be straight but not forcefully locked back, if one or both of your knees are bent in standing this changes the way that structure above and below function. When you bend your knee it should stay moving forwards so that your knee is always over your toe, but very often it moves inwards (valgus). This impacts not only the function of the knee, but also the back, hip, foot and ankle. When standing your weight should be equally spread through your feet, with equal weight through both legs.

Which of these postures looks most like you?



The table below looks at these postures in more detail and will help identify yours.

Normal Alignment	Kyphosis-lordosis	Flat back	Sway back
<p>Head and neck Head is aligned over neck, ear in line with shoulder.</p>	<p>Head and chin are poking forwards. Extreme curve (Kyphosis) of neck</p>	<p>Head and chin are poking forwards. Slight increased curve of neck</p>	<p>Head and chin are poking forwards. Increased curve of neck</p>
<p>Upper back Gentle curve creating ideal rib and chest position.</p>	<p>Extreme curve - impacting the function of the chest. Stiffness in this area.</p>	<p>Flattened curve - impacting the function of the chest. Stiffness in this area.</p>	<p>Lengthened curve - impacting the function of the chest. Stiffness in this area.</p>
<p>Lower back and pelvis Gentle curve of lumbar spine. Neutral tilt of pelvis</p>	<p>Extreme curve (lordosis) of lumbar spine. Anterior (forward) tilt of pelvis.</p>	<p>Flattened curve of lumbar spine. Posterior (backwards) tilt of pelvis.</p>	<p>Flattened curve of lumbar spine. Posterior (backwards) tilt of pelvis. Hips pushed forwards.</p>
<p>Knees and feet Knees straight but not locked. Weight mainly through heels.</p>	<p>Knees maybe bent Weight bearing more heavily through toes</p>	<p>Knees often bent Weight bearing more heavily through toes.</p>	<p>Knees often bent Weight bearing very heavily through toes.</p>

IS YOUR POSTURE CAUSING YOU PAIN?

If you have identified issues with your posture then these are likely to be contributing towards your aches, pains and injuries. It's often these underlying postural issues that create clusters of similar injuries. One example from my current clinic caseload is a chap who had come to see me with knee pain. When we began chatting about his general health he reported that in the last 2 years he had pulled his calf twice, strained his hamstring and struggled for 6 months with plantar fasciitis. I settled his knee pain down quickly and could have left it at that, but in my experience I knew this would just lead to problems in the future. When I explained his postural connection he was delighted and is currently working his way through my Pain Free Posture Master Class to help future proof his body. Postural issues are also commonly the underlying cause for recurrent back and neck pain and patients have often had treatment settling things down in the short term only for it to return again a few months later.

Below I have looked at common areas of pain associated with alterations in your posture.

Poor posture of head, neck upper back often cause the following:	Poor posture in lower back and pelvis often cause the following:	Poor posture of knees and feet often cause the following:
<ul style="list-style-type: none"> - Headaches - Temporomandibular joint dysfunction (TMJ) - Neck pain - Shoulder pain - Rotator cuff damage - Shoulder Impingement - Arm, elbow and hand pain - Pins & needles, numbness into arms and hands. - Upper back pain - Chest & rib pain and problems. 	<ul style="list-style-type: none"> - Back pain - Pins & needles, numbness into legs and feet. - Sciatica - Disc problems - Sacroiliac joint (SIJ) problems - Hip & groin pain - Hamstring problems - Knee problems - Achilles Tendinopathy/tendonitis - Calf problems - Foot and ankle problems - Plantar Fasciitis - Bunions 	<ul style="list-style-type: none"> - Bunions - Plantar Fasciitis - Ankle & foot problems - Achilles Tendinopathy/tendonitis - Calf problems - Knee problems - Hamstring Problems - Hip & groin problems - Back problems - Sciatica - Pins & needles, numbness into legs and feet.

MAKE IMPROVEMENTS TODAY- Try these exercises and tips

Centre of Balance

Look at the weight distribution in your feet, make sure you have equal weight through your right and left leg. Weight should be equally spread through your feet but often there is too much through your toes. To correct this take your weight back through your heels by shifting your pelvis back little - It will feel very odd at first like you are tipping backwards, but stick with it and soon it will start to feel more normal.

Pelvis - Pelvic Tilt

Start by tilting your pelvis forwards and backwards, then work out the mid position and aim to maintain it. It sometimes helps to imagine your pelvis as a bowl filled with water aim to stand with a level bowl keeping the water in place.

Chest/heart

Scapula setting. Lift up your heart/chest bone at the front whilst drawing your shoulder blades down at the back. Thoracic flexibility - In sitting arms crossed over chest rotate your body around from your shoulders. Keep your neck in line with your chest bone.

Head position - Chin Tucks

Gently draw your head backwards to reduce the amount your chin pokes forwards, keep your eyes at the same level, don't look up. It sometimes helps to do this sat in a stationary car as you can use the head rest as a guide and also see improvements easier.

Warning - This Is Not Easy!

Your body and brain have got used to the way you stand, and although this is not an ideal posture it is 'your normal' posture and probably one you have had for years. So when you make changes to your posture initially it will feel unwelcome and challenging. Be patient it will take a while to notice the benefits.

The perfect posture should be effortless! But it will not feel effortless at first. This is because currently you may be stiff and lack the strength needed to maintain this ideal posture. This is often why you have adopted your unhelpful posture in the first place. A great example of this is when we look at your upper back posture and ask up to lift your heart/chest bone. Often people are stiff in this area and so do not have the movement needed in the upper back to stand in the ideal posture. People tend to compensate by arching their lower back and maybe moving their hips forwards. Others may have the movement to get into an ideal posture but do not have the strength to hold themselves there.

It is also very difficult to assess and correct our own posture. I see this all the time in clinic with patients, they initially find it hard to see that they are not in an ideal posture, they then find it difficult to know how to correct it. Its ok saying tip your pelvis backwards but in practice it can be very difficult for some people to do - So please be kind to yourself.

Changing your posture is like changing any habit it takes time and repetition. So I would like you to think about your posture regularly during the day. When you are brushing your teeth, waiting for the kettle to boil or standing in a queue. You need to do it regularly for it to become a normal part of life.

Next step to success

Today I have shared with you the basics to get you started. If you have realised that your body is not functioning as well as it could and you would like to make significant changes to your body then I invite you to have a look at my Pain Free -Body- online course.

In this course I share advice, techniques and exercises designed to focus on developing the strength, flexibility and alignment you need to have a Pain Free -Body-.

Sounds good doesn't it. You can move through the course at your own pace guided by an expert in the comfort of your own home.

Upgrade your posture and START your PAIN FREE life today