



Postural Advice

The Private Physiotherapy Clinic,
The Royal Free Hospital

Acquiring a good posture is like any skill; it requires time and practice and will probably require changing bad habits.

Generally try to avoid any position for too long. Regular change of position will help prevent muscles from tiring and becoming sore.

The following information is guidance only and should be used in conjunction with advice from your therapist.

Standing

Try to avoid the classic slouched posture with poking chin. Tighten your abdominal muscles and 'tuck your bottom in' so that you have the correct amount of curve in your lower back. Lift your breast bone up slightly to allow your shoulders to relax back. This will allow your head to be balanced over your shoulders preventing a 'poking chin'

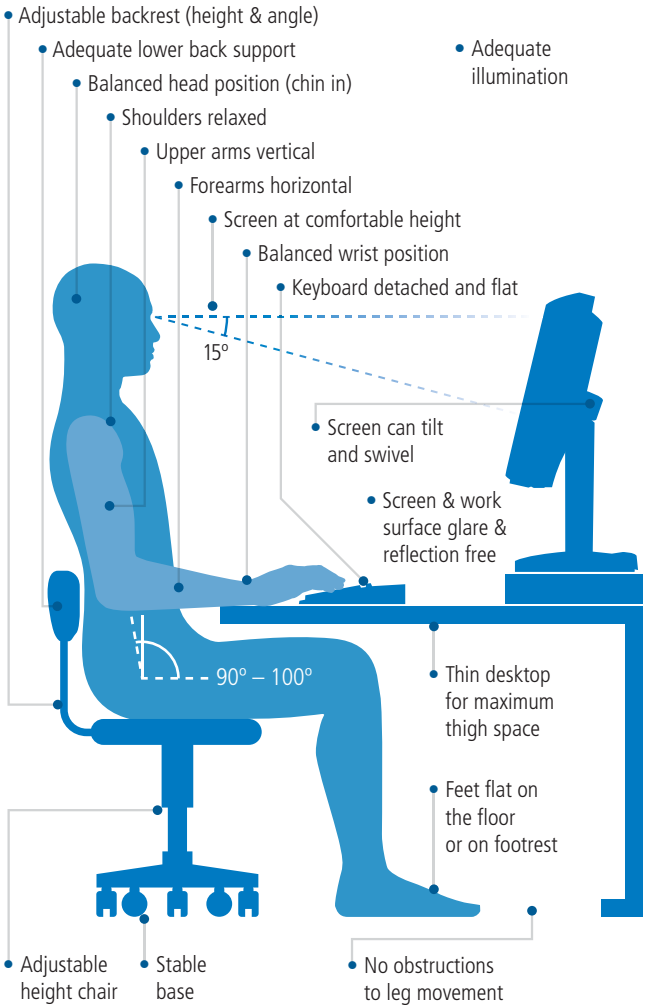


Sitting

It is important to maintain the curve in your lower back. A lumbar roll, or rolled up towel, placed between the chair and your lower back can help to maintain this position.



Work station set up



To find out more about postural related pain and how physiotherapy can help contact us on:

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