POSTURE IS KEY
GOOD POSTURE

• Places the minimum stress on each vertebral joint, disc & ligaments
• Efficient function of muscles¹
• According to Donatelli RA², posture is: “the optimal alignment of the patient’s body that allows the neuromuscular system to perform actions requiring the least amount of energy to achieve the desired effect.”
IDEAL STANDING POSTURE

- Viewed from the side
  - Ear lobe to tip of shoulder
  - Midway through the trunk
  - Slightly behind the hip joint
  - Slightly in front of the knee joint
  - Just in front of the ankle bone.
IDEAL STANDING POSTURE

• Viewed from the front
  • Trunk in straight line
  • Eyes & ears level
  • Shoulders & chest level
  • Pelvis & hips level
  • Knees level and knee caps pointed forward
  • Ankles level
IDEAL STANDING POSTURE

- Viewed from the back
  - Spine straight
  - Shoulders & shoulder blades level
  - Pelvis & hips level
IDEAL STANDING POSTURE

• Buttock & knee creases level
• Heels perpendicular to the floor
• 2-3 toes showing on each foot
IDEAL SITTING POSTURE

• Hips & knees at 90°
• Feet resting on floor
• Ears over shoulder over hips
• Back against chair surface or else upright if no support available
CORRECT SLEEPING POSTURE

• Laying on your back
  • One pillow under head (if no spinal conditions requiring more than 1)
  • Knees bent with pillow under knees (if no knee or hip conditions)
CORRECT SLEEPING POSTURE

- Laying on your side
  - One pillow under head
  - Pillow between knees