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Putting people's lives in motion

Posture

“Position or attitude of the body”

- Alignment of the body parts, whether standing, sitting, or lying.
- Impairments of joints, muscles or connective tissues may lead to faulty posture
 - Or faulty posture may lead to impairments of joints, muscles, or connective tissues causing discomfort and pain!
- Gravity places stress on our structures (muscles/bones) that are responsible for maintaining our bodies upright position, providing a continual challenge.
- Good posture benefits:
 - Bones and joints are in correct alignment, allowing muscles to work properly
 - Decreases stress on ligaments holding the joints of the spine
 - Prevents fatigue due to muscles being used efficiently, thereby decreasing use of energy
 - Prevents back ache and muscular pain
 - Contributes to a good appearance!
- Poor posture can affect you by:
 - Misaligning musculoskeletal system
 - Wear and tear on your spine, making it more fragile and prone to injury
 - Cause neck, shoulder, and back pain
 - Decrease flexibility
 - Affect how your joints move
 - Affect balance – increasing risk of falls
 - Affect digestion of food
 - Make it harder to breathe
 - Headaches

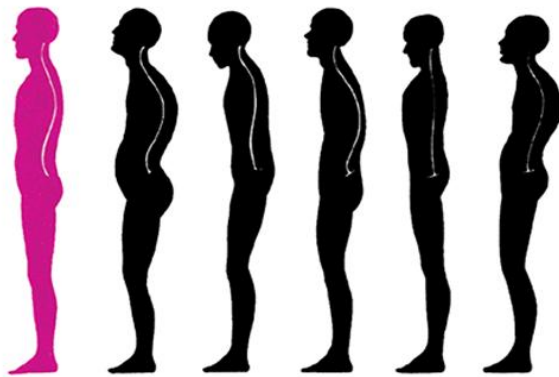


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Check your posture

Common Postural Problems



Correct Posture Hollow Back Flat Pelvis Slumping Posture Military Posture Round Shoulders
 Photo Credit: <http://www.ohpkelowna.com/postural-strain-kelowna-chiropractor/>

- ✓ Head Up
- ✓ Shoulders back comfortably
- ✓ Stomach tucked
- ✓ Shoulders, hips, and ankles in a straight line

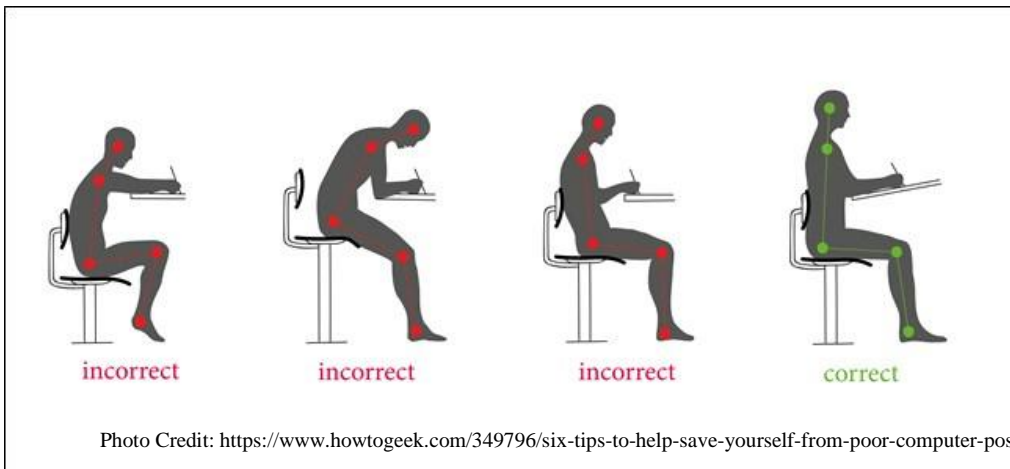


Photo Credit: <https://www.howtogeek.com/349796/six-tips-to-help-save-yourself-from-poor-computer-posture/>

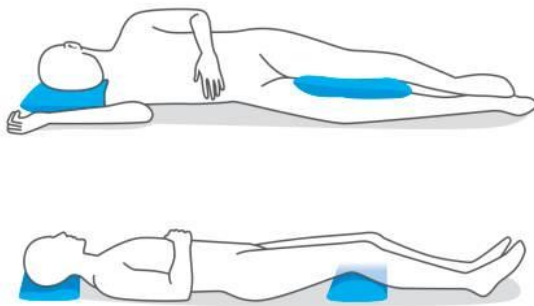
- ✓ Head up
- ✓ Shoulder and Hips in line
- ✓ Hips and knees in straight line
- ✓ Knees to ankles in a straight line
- ✓ Feet flat



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✔ Correct Sleep Posture



- ✔ Neck in neutral
- ✔ Pillow between or under knees to ensure pelvis/low back are neutral
- ✔ Pillow should be positioned from knee to ankle when on your side.

Photo Credit: <https://www.biomotionpt.com/best-sleeping-positions-for-neck-pain-and-headaches/>

Physical Therapy

The PT will perform an initial evaluation. The physical therapist will develop a plan of care and establish goals to assist you in:

- Improving range of motion and flexibility
- Increasing strength
- Decreasing pain
- Learning proper body mechanics, lifting, and carrying techniques to prevent injury



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Lifting

- Avoid lifting heavy objects.
 - If something is more than half your body weight, get help or use equipment
- When lifting
 - Bend your Knee – not your waist
 - Keep your back straight
- Do not twist as you lift
 - To turn, pivot your feet
- Do not lift an object above waist level
 - This increases the arch of your back
- Keep objects close to you (center of gravity = belly button) *Applies to lifting or carrying
- Tighten your stomach muscles when you lift

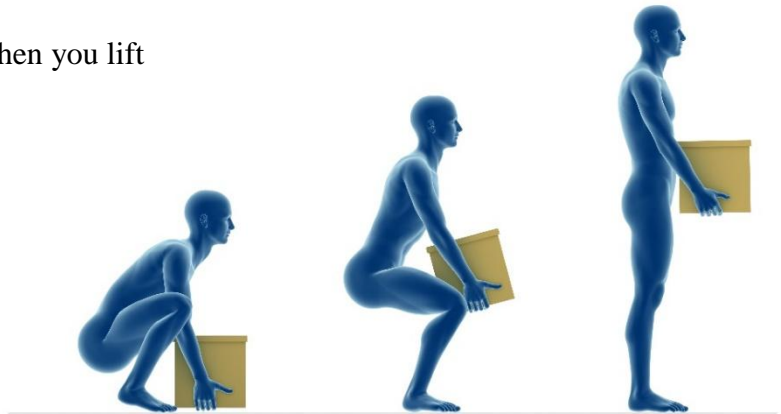


Photo Credit: <http://www.msuergonomics.com/lifting1>



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Desk Posture

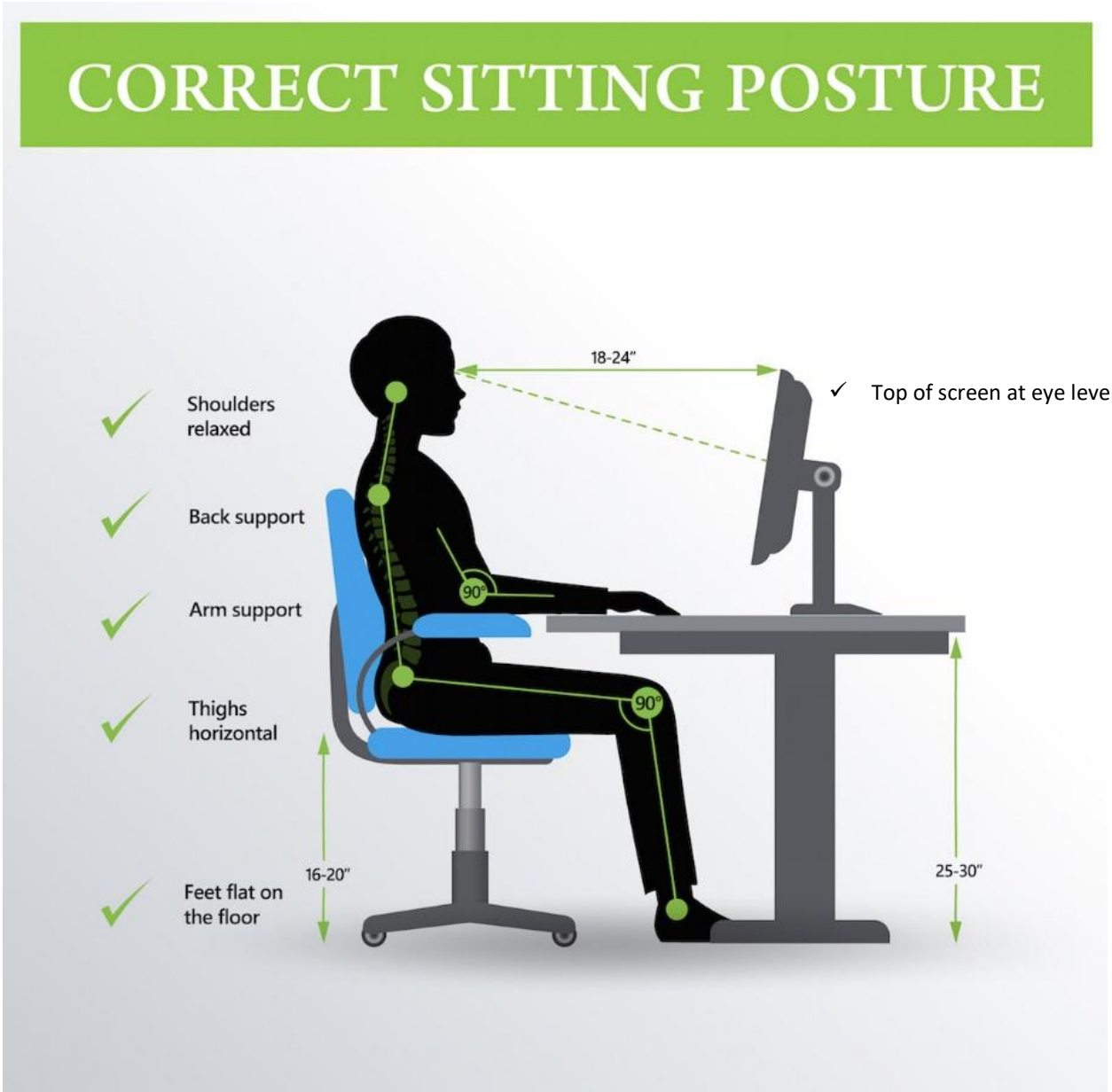


Photo Credit: <https://www.vectorstock.com/royalty-free-vector/ergonomics-correct-sitting-posture-vector-12589213>



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Driving Posture



Photo Credit: <http://www.lexomans.com/manguide-625.html>

1. Seat back in upright position with full contact/rest on seat
2. Seat position with safe and easy reach to the pedals
3. Seat back with proper lumbar support
4. Steering wheel height appropriate level to reach wheel without extended arms
5. Head rest and neutral neck position with shoulders relaxed, close to the body
6. Hip angle 90-110 degrees