

## **Why Posture?**

By Anna Evans

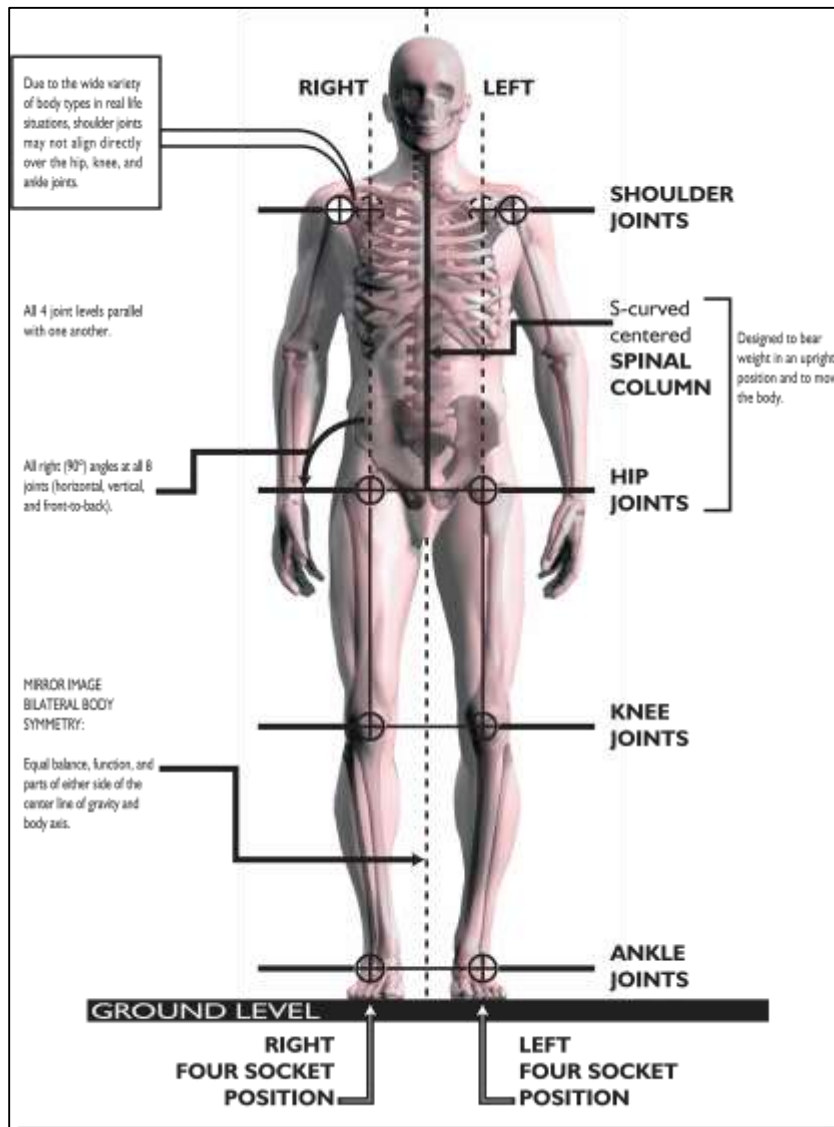
Our bodies are designed to move. In the past movement was necessary to survival. Today's society encourages a sedentary lifestyle and consequently we are starved for movement. Even those of us who make an effort to exercise for 1-2 hours per day are often not moving enough to maintain a functional and pain free body. When we sit for 8-10 hours each day for work, study, travel, etc., our body naturally begins to adapt to that environment. Over time sitting becomes the norm and our muscles and fascia change to support that new position. Then when we ask our body to stand fully upright or to move often times it becomes less and less able to do so. Move it or lose it, right?

Poor posture is a symptom or warning from the body that can present in many ways including pain, decreased function, decreased energy levels, depression, etc. If we look twisted and shriveled on the outside how does that relate to the condition of our internal health? Our emotional state? Our energy flow? Our posture is often an outward reflection of our internal and energetic well-being.

So the question becomes, how do we begin to counteract the effects of sitting long periods?

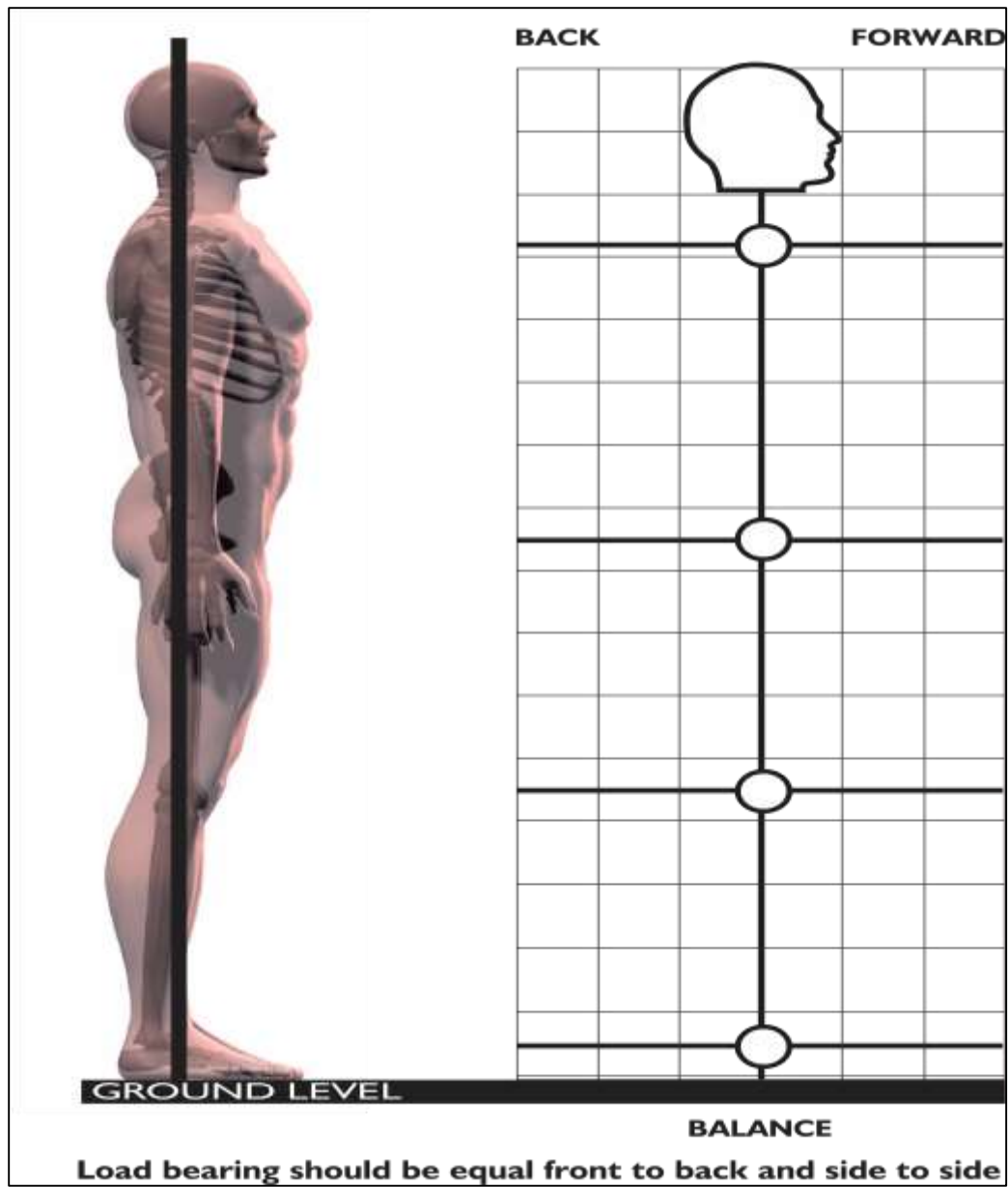
One way is through Postural Alignment Therapy. Postural Alignment Therapy is a form of gentle corrective exercise designed to realign the 8 major load joints. The end result is the elimination of pain and regaining function. By focusing on whole body and addressing the cause rather than treating symptoms we can decrease the negative stimulus that is degenerating the body and the process of regeneration and healing can begin.

So what is design posture?



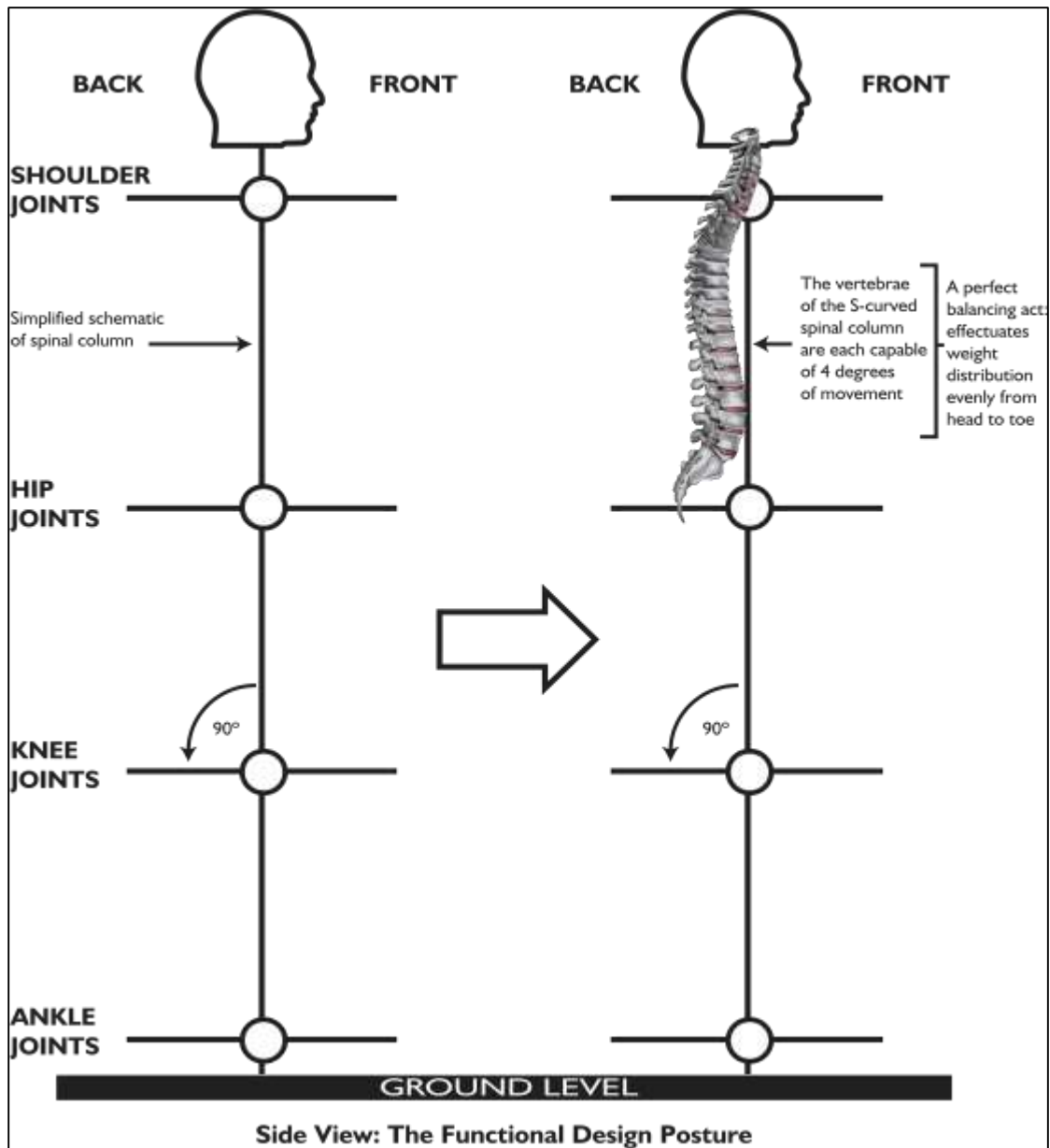
From front view we want to see the following:

- Symmetry/balance left to right
- Ankles, knees, hips and shoulders all stacked and level
- 90 degree angles at all 8 joints
- Feet and Knees hip width apart and pointed straight forward
- Thumb and index finger visible



From the side view we want to see:

- Dynamic tension front to back
- Ankle, knee, hip, shoulder and ear all vertically aligned



It is important to maintain the integrity of the spine:

- The gentle s-curve of the spine allows us to balance upright and take the impact from all the activities we do
- The vertebrae are each capable of 4 degrees of movement

So now that we have a basic idea of what our posture is designed to be let's talk about how we recreate balance and symmetry to eliminate pain and dysfunction and to regain balance, strength, range of motion, and overall improved health.

One way is to incorporate as much movement into your day as possible. I'm not talking just exercise. I am talking about creating as many opportunities as possible to integrate moving into your day. Ex: taking stairs, parking far away from door, doing a couple of stretches ever 30-60 minutes at work.

Here are 2 simple exercises you can do in between work, to reset your posture:

1. Static Back

Lay on the floor with your legs at a 90 degree angle over a chair or ottoman. Arms will be lying on the floor, palms facing up at a 45 degree angle. Hold for 5 minutes.

2. Standing at Wall.

Stand with your heels, butt, shoulders and head against the wall. Hold for 5 minutes.

If you are ready to be pain free or if you would like to improve function or performance please contact me to learn more. I look forward to connecting with you!



**Anna Evans** is a Postural Alignment Specialist and Advanced Exercise Therapist certified by Egoscue University and the owner of Postural Healing, LLC. She is passionate about empowering people with lifelong tools to eliminate pain and to take back their health. Contact her at:

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