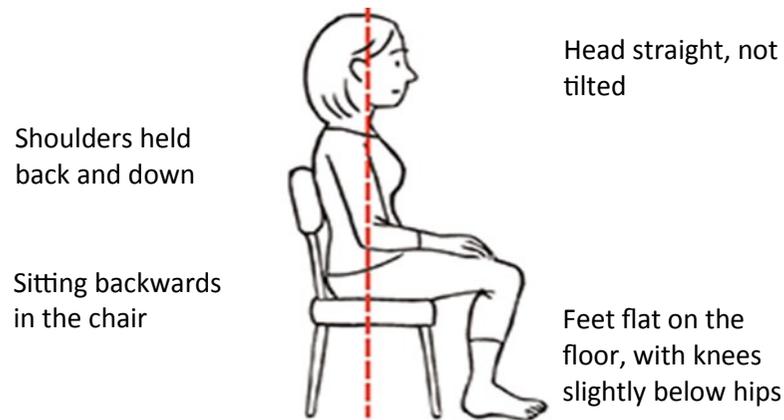


Good Sitting Posture

- Sit well back in the chair making sure your low back is well supported.
- Keep your head straight and not tilted up or down.
- Keep your shoulders back and down.
- Sit with your knees slightly lower than your hips, keeping your feet flat on the floor.

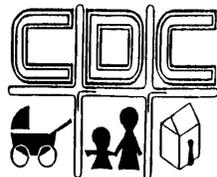
Take regular standing breaks when sitting for a long period of time



For further information and helpful tips please go to:
<http://www.ergonomics4kids.co.uk/>

[If you have any questions or concerns please contact :](#)

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Physiotherapy Department
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Paediatric Physiotherapy Posture



Advice leaflet on good posture for children

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Importance of Good Posture

If you have poor posture:

- Your bones are not properly aligned.
- More strain is felt in your muscles, joints and ligaments.
- You may feel muscular strain, tiredness and pain.
- Your muscles, ligaments and tendons can shorten, making it more difficult to correct your posture long term.

Tips to maintain good Posture

- Try to minimize time spent in one position—Change your position often.
- Walk with a good posture.
- Wear comfy and supportive shoes (e.g. trainers).
- Try to exercise regularly.

Good Standing Posture



Keep your shoulders back and relaxed and your chin tucked in.

Keep your feet hip width apart, balance your weight evenly on both feet. Focusing on the weight going down through the balls of your feet and not through your heels or toes.

Tuck your bottom in, keeping your legs straight but knees relaxed. Maintaining good posture will help to decrease the abnormal wear at your joint surfaces.

Practicing Good Standing Posture

To achieve correct alignment in standing:

- Circular shoulder exercise — Bring your shoulders forwards, then move them round upwards, then bring them straight back, and finally straight down. Try to maintain this end position.
- Stand against a wall — Your feet should be a few inches away from the wall and the small of your back should be about a palms width from the wall. The back of your head, shoulder blades and bottom should just be touching the wall. If an area is not touching the wall that should be, or is touching the wall that shouldn't be try and correct your position and maintain it.

