

Posture Advice Leaflet

**Children's Physiotherapy Service
(Cambridgeshire)**



Good posture encourages the use of your core stability muscles. These include the deep tummy, deep back, deep neck and pelvic floor muscles (these form a muscular cylinder which support your trunk). As well as the bottom and shoulder girdle muscles.

These muscles should work all the time at low intensities to support and control your body movements and give you good posture. Poor posture and lax control creates a muscle imbalance leading to overuse of the wrong muscles which can cause pain and injury.

1. Finding your core muscles in lying

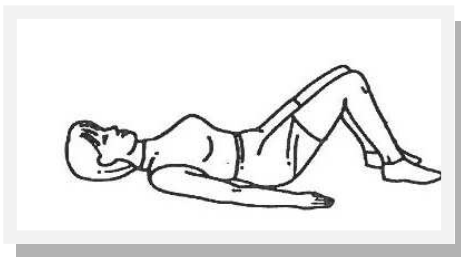
Position:

1. Lying on your back with your knees bent up and feet flat on the floor.
2. Have a small pillow or folded towel under your head.
3. Relax the weight of your head onto the support.
4. Gently lengthen the back of your neck by reaching the top of your head towards the wall behind you.
5. Gently melt your shoulder blades down towards your bottom.
6. Allow the muscles in your neck and shoulders to relax.

Finding “spine neutral” position: Imagine your pelvis is a bucket filled with water, tip it backwards to spill some water out the back of the bucket so that your lower back gently flattens onto the mat. Then tip it forwards to spill some water out of the front and feel how your lower back arches slightly.

Now find the middle position. This is “spine neutral”.

Breath lightly into your lower ribs, do not allow your ribs to lift.



2. Good Posture Positions

Position: Gently lengthen the back of your neck by reaching the top of your head up towards the ceiling, so that you are looking straight ahead. Gently melt your shoulder blades down your back towards your bottom and allow the muscles in your neck and shoulders to relax.

Your feet should rest flat on the floor.

Keep your weight evenly distributed between both buttocks. Ensure your shoulders are directly over your hips and your hands relaxed into your lap.



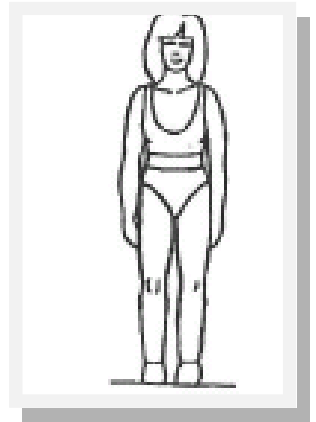
3. Good standing posture

Standing with equal weight between both feet, feet hip-width apart.

Ensure hips and shoulders are inline with heels, and your knee joints are soft and not in a locked position.

Action: Gently lengthen your spine by reaching the top of your head up to the ceiling. Find “spine neutral” as before. Gently activate your core muscles as before.

Breathe lightly as before.



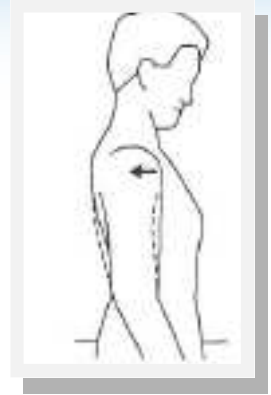
4. Shoulder positioning exercise

Start position: Standing or sitting in a good posture as described in exercise 2 or 3.

Action: Slide your shoulder blades downwards towards the opposite buttock, this only needs to be gentle and a small movement.

Hold for 10 seconds

Relax then repeat up to 10 times.

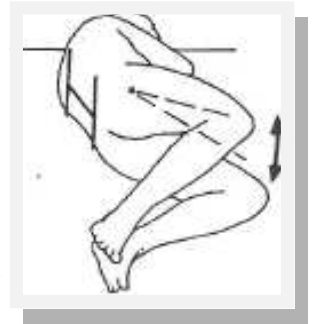


5. Deep bottom muscle exercise

Start position: Lie on your side with your hips and shoulders in line. Bend hips and knees. Find “spine neutral” and activate your core muscles. Breathe lightly as before.

Action: Leaving the heels together, slowly lift the top knee up without letting the back or pelvis twist. Only move as far as able without allowing your pelvis to rotate backwards. You may feel a squeeze in the side of your top bottom muscle. Slowly return your knee to the start position without letting your pelvis move.

Repeat up to 10 times.
Repeat on other leg.



6. 4 point Kneeling

Start position: On your hands and knees, your knees in line with your hips and your hands in line with your shoulders.

Action: Round your back up like a cat and pull your tummy muscles up.

Return so your back is flat (not arched).

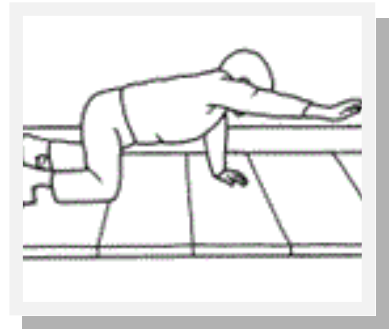
Repeat _____ times.



7. 3 point Kneeling

Start position: On your hands and knees like exercise 6, with spine in neutral.

Action Lift one arm up in line with your shoulder whilst keeping your back still. Hold for 10 seconds.
Repeat _____ times



Progressions:

- i. Lift one leg in line with your hip whilst keeping your back still.
- ii. Lift opposite arm and opposite leg whilst keeping your back still.

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.