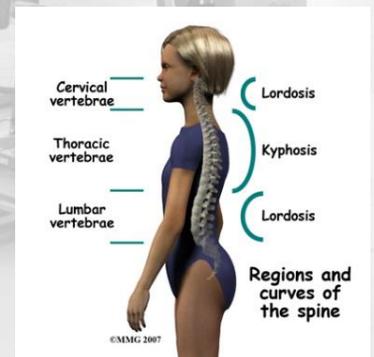


Stand Tall Sit Tall – Exercise and Posture

Posture is a condition that affects us every day as it is important during sitting, standing and sleeping. Glen began the seminar by discussing the importance of posture that includes keeping the joints, bones and muscles in alignment to decrease wearing on joint surfaces and allowing the muscles to be used efficiently. This can prevent fatigue, strain and overuse problems.

Glen continued to outline the normal spinal curvature which should show an “S” shape with a small lordotic, kyphotic and lordotic curvature in the cervical, thoracic and lumbar vertebrae respectively. Abnormalities occur when there is an excessive rounding of these curvatures. Excessive kyphosis creates a rounding of the back and typically is a consequence of either weak upper back muscles (rhomboids) or tight chest muscles. Excessive lordosis is usually a consequence of tight hip flexors and weak lower back and abdominals. Strengthening of the weak muscles and stretching of the tight muscles are simple solutions to try to correct any of these postural issues.



Following the discussion of posture, practical exercises and stretches were shown to all attendees along with opportunities for them to identify their own postural issues by taking photos of themselves against a backdrop.

The seminar proceeded with a discussion about the ideal sitting position. Ergonomic workstations that allow the user to sit in a more neutral position can be achieved by:

- Adjusting the distance of the monitor to approximately arm's length
- Adjusting the height of the monitor so that the eyes are at the top of the tool bar
- Adjusting the seat height so that the arms are hanging approximately 90 degrees, having a foot stool if the feet do not reach the ground. The back rest should have the protruding part in the small of the back at approximately the level of the belt line.

Glen concluded the seminar by discussing sleeping posture recommending to sleep either on your side or on your back. Sleeping on your stomach puts your cervical spine in an extended and rotated position making it difficult to maintain a neutral spine.

