

# Pro-align

Health & Lifestyle Coaching

## *Lets learn about Posture!*

**Warning!!!! This information may help you change your shape in under 5 mins...**

Do you want to look taller? Have a flatter stomach? Feel lighter, more confident and walk with a spring in your step?

A quick tweak in posture can achieve all of the above, and the best news..... it only takes a few minutes once you know what to do!

From this . . . . to this in a matter of seconds.



We spend all day fighting to stay upright against a powerful force.....gravity. As gravity pushes down upon us we need to be able to withstand our space and fight back. When the body finds an optimal alignment, the joints, ligaments and muscles all work harmoniously without undue tension.

When the body loses, however and we collapse and bend under gravity, it causes joints to be compressed, muscles to 'hang on' and tighten and ligaments to overstretch. The results of this is what we treat day in, day out in the clinical setting.

There is only so long that the body can cope with non optimal positioning and movement before a threshold is reached and pain is perceived.

So what are some of the benefits of correct posture?

- **Breathing with ease.** It allows the diaphragm to open again and reduce upper chest breathing. Diaphragmatic breathing is essential for core activation but also favours our 'rest & digest' system.
- **Reduce compression on the organs and aid digestion.** Blood flow and waste elimination will be improved and the incidence of prolapse and even hernias reduced.
- **Reduce tension in the neck, upper and low back** (instantly and long term). The joints are 'unloaded', disc space increased and muscles activated that were previously lengthened and weak.
- **Re align the jaw.** As the head realigns over the shoulders and thorax, away from 'forward head carry', the jaw corrects and teeth realign in relation to each other. This can help digestion again and even tension head aches.
- **Reduce the chances of shoulder and hip related problems.** Correct posture allows the hip to sit centrally in the socket avoiding wear and tear and undue muscle tightness at the back. The delicate shoulder also has chance to move with less risk of impingement under the bony acromion of the shoulder.
- **Wake up the stability muscles of the trunk, hips and shoulders.** Stability muscles of the body are easily 'switched off' with poor posture. (Muscles can be lengthened, weaker and slower to activate). Standing up tall can assist in correct timing of these muscles and improve tone and endurance.
- **Improve mood and confidence.** Slumping is synonymous with low mood, low confidence, lethargy and depression. Stand up tall and feel the change in state instantly.

## So how do we go about changing our posture and reaping the rewards?

Below are some basic cues to help you get a better alignment:-

- “helium head”- imagine some colourful helium balloons attached to the crown of your head and floating your body up with them. This simple yet effective cue is often enough to align the body and even activate the core muscles.
- “feet parallel , facing forward”- we also want even weight between the feet.
- “knees soft”- unlocking the knees allows the pelvis to get to neutral and reduces rolling in at the feet.
- “Pelvis centred/neutral”- this forms the base platform for the spine. A centred pelvis leads to the ability to achieve better spinal curves.
- “breast bone over pubic bone”- this brings the upper body forward over the pelvis
- “shoulders broad and wide”- this opens the chest and activates the scapular stabilisers.
- “back of neck lengthened”- this aligns the head back over the neck and shoulders.
- “breath directed into the base of the rib cage”- allowing the diaphragm to lead the breath again.



Remember we are aiming to achieve this for up to 80% of our time, and then the body can ‘mop up’ the tension caused by the other 20% of ‘slumping’.

Although it takes but a few minutes to start to change our posture, we have to constantly work at these corrections until we adopt our new posture as a newly formed habit. Gravity will always be there, so we need to always be vigilant in our fight for optimal posture.

**\*\*Please note**

If we have been a ‘slave to gravity’ for a while, we will need to combine our posture correction with some specific stretches to open areas that have become tight over the years.

For more assistance in posture correction please refer to our free video.....

<http://youtu.be/r1KIsYJzS-I>

The stretch sheet may also be of assistance in targeting those tighter areas.

<http://pro-align.com.au/wp-content/uploads/2012/01/Stretch-complete1.pdf>

Please feel free to contact me if you have any questions regarding the information in this article, I am happy to help! [sally@pro-align.com.au](mailto:sally@pro-align.com.au)

