

STANDING POSTURAL CHECK

- **FEET**
 - Rock from toes to heels a few times, find your resting position with weight through the back half of the feet and toward the heel, as well as lateral border of the foot, lifting a natural arch.
- **KNEES**
 - Unlock and soften the knees – not bend.
- **PELVIS**
 - Think of the pelvis like a bucket of water and tilt forward and back as if tipping water out in front and stay slightly tipping the water forward. Alternatively imagine you are dropping a belt buckle downward – this to maintain a lumbar spine curve.
- **STERNUM**
 - Archery bow shoots through the centre of the sternum to encourage you to soften around the sternum and upper back.
- **SHOULDERS**
 - ‘dumb waiter’ movement with elbows bent at 90 degrees gently rotating out and in to have the awareness of broadening / opening up the shoulders and chest vs closing down the shoulders and chest. Find a relaxed ‘open’ position and hold broad while relaxing arms by your side.
- **CHIN**
 - Closed fist on the top of the sternum, extend your finger up, the chin should sit behind the tip of the finger. You need to have the chin nodded down and almost give yourself a double chin.
- **BACK OF HEAD**
 - Helium balloons attached to a big hook which lifts the base of the skull to enhance the gentle chin nod down position and elongate the back of the neck.

SEATED POSTURAL CHECK

Very similar to the above with some variations :

- Feet hip distance apart and on the floor, knees BELOW level of the hips always. Essentially a slight downward slant of the thighs.
- Pelvis as above
- Hinge backward from the hips to find the position of least muscle tension along the back of the spine.
- Sternum, shoulders, chin and head as above

TIPS

- By now, the tension in your muscles should have dropped away – if it hasn't, start from the beginning and reset again because if this is done properly, your spine essentially will maintain its happy posture perfect position without any excess muscle activity. So if you are feeling tension then chances are you've not set up right.
- When you are at your computer, ensure you are not leaning toward the screen from your hips, nor poking the chin forward.
- Key board should be as close to the front of you as possible, do not lean for the keyboard or have a set of notes between you and the keyboard. Mouse pad should be directly next to key board so you aren't reaching for this either.
- If you use the phone a lot, keep the phone close to the keyboard on the opposite side to the mouse. Minimise holding the phone between your shoulder and ear – use your hand or a head set.
- Elbows should ideally hang next to your side, not too far forward of the shoulders. Wrists should be straight when typing on keys – if you are arching the wrists up you need to increase the height of your chair or lower the table.

Set a reminder on the computer / phone etc periodically reboot your posture, until it becomes automatic. The reminder will mean that you will periodically be correcting your posture so you DON'T get that tightness / achey-ness in your back. If you get that feeling, then you've probably left it too long in between rebooting your posture.