



GOOD GOOD POSTURE HELPS BACK PAIN POSTURE

A NEW EBOOK FROM THE FOUNDATION FOR CHIROPRACTIC PROGRESS



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GOOD POSTURE IS NATURAL, BUT OUR MODERN WORLD OFTEN STANDS IN THE WAY.

The way we sleep, the pillows we choose and how we use our phones are some of the lifestyle choices that all contribute to the gradual breakdown of your posture.

Posture isn't just about looking taller or more confident—it has surprising consequences that affect our health and quality of life. Over time, bad posture can cause serious injury to your spine and lead to chronic pain and emotional distress. Good posture, on the other hand, can change your mood immediately, relieve back pain and may even help you *live a longer, healthier life*. It's worth the effort.

AWARENESS AND DAILY PRACTICE ARE THE BEST WAYS TO IMPROVE YOUR POSTURE.

This eBook will help you understand the importance of good posture, how to assess your current posture and give you the tools to start on the journey toward improvement.

PROBLEMS | HOW DOES BAD POSTURE AFFECT ME?

BAD POSTURE



Headaches caused by strain on your spine

Anxiety and stress

Limited endurance

Pain

Poor balance and coordination

Difficulty breathing

GOOD POSTURE



Little to no strain on your spine

Being centered with confidence

Peak athletic performance

Vitality

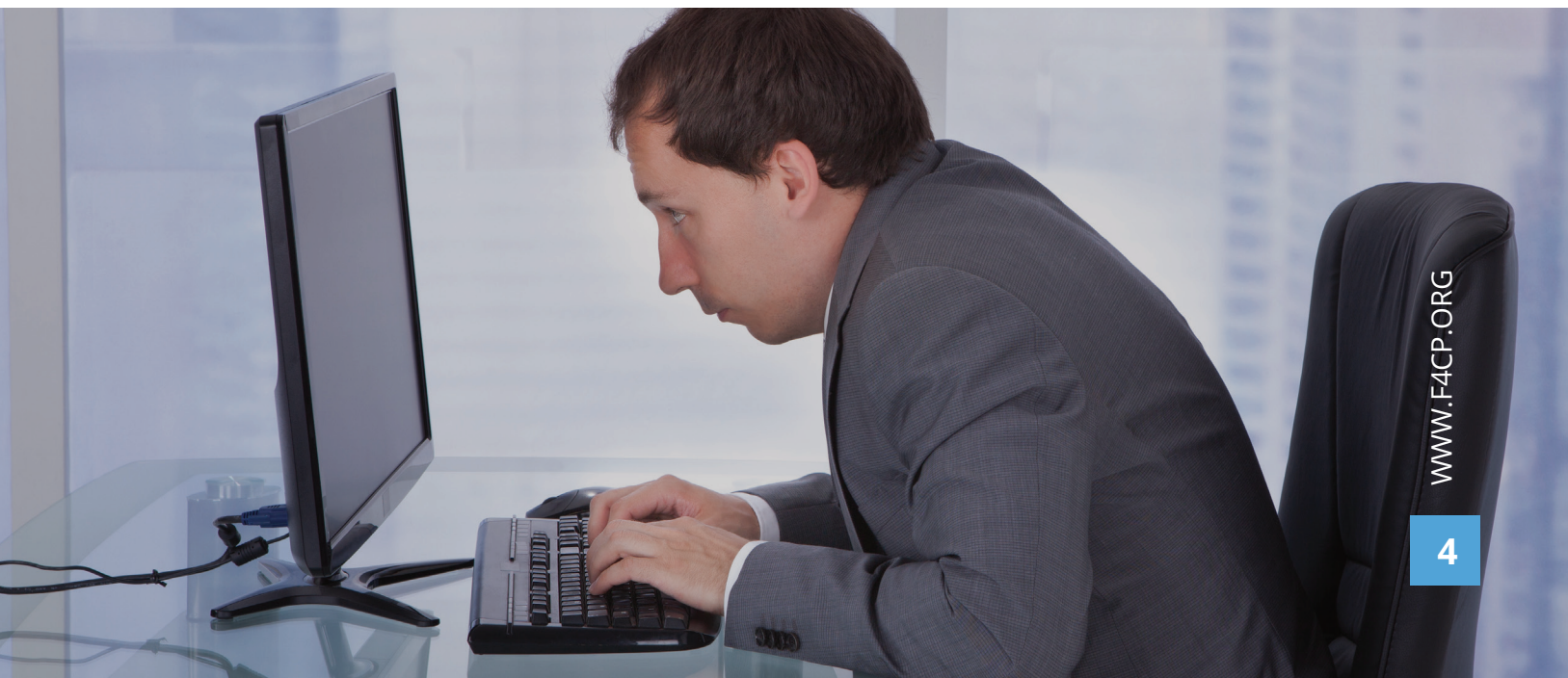
Stability and coordination

Full, deep breaths

CAUSES | HOW DID IT GET THIS BAD?

Bad posture could be a result of several different factors, but the most common is a lack of awareness over a long period of time. When you slouch over all day, over the years (or decades) it becomes your normal, one that continues in a vicious cycle as your body adapts to each new normal. Decades of this cycle takes a toll. Plus, when there's an injury there can be an increased likelihood of chronic pain.

Additionally, factors such as genetics, stress and poor spinal alignment support from shoes, chairs, inactive lifestyle or careers can add to the accumulation of postural stress, and added injuries.



SOLUTIONS | HOW CAN I FIX IT?

The first step toward improvement is [establishing your personal posture baseline](#). Ask a friend to help (or use the timer on your camera) to take side view pictures of you standing with “good posture” and another with your “regular posture.” Use the photos as a guide to determine which of the five types of posture fits you (see the next section).

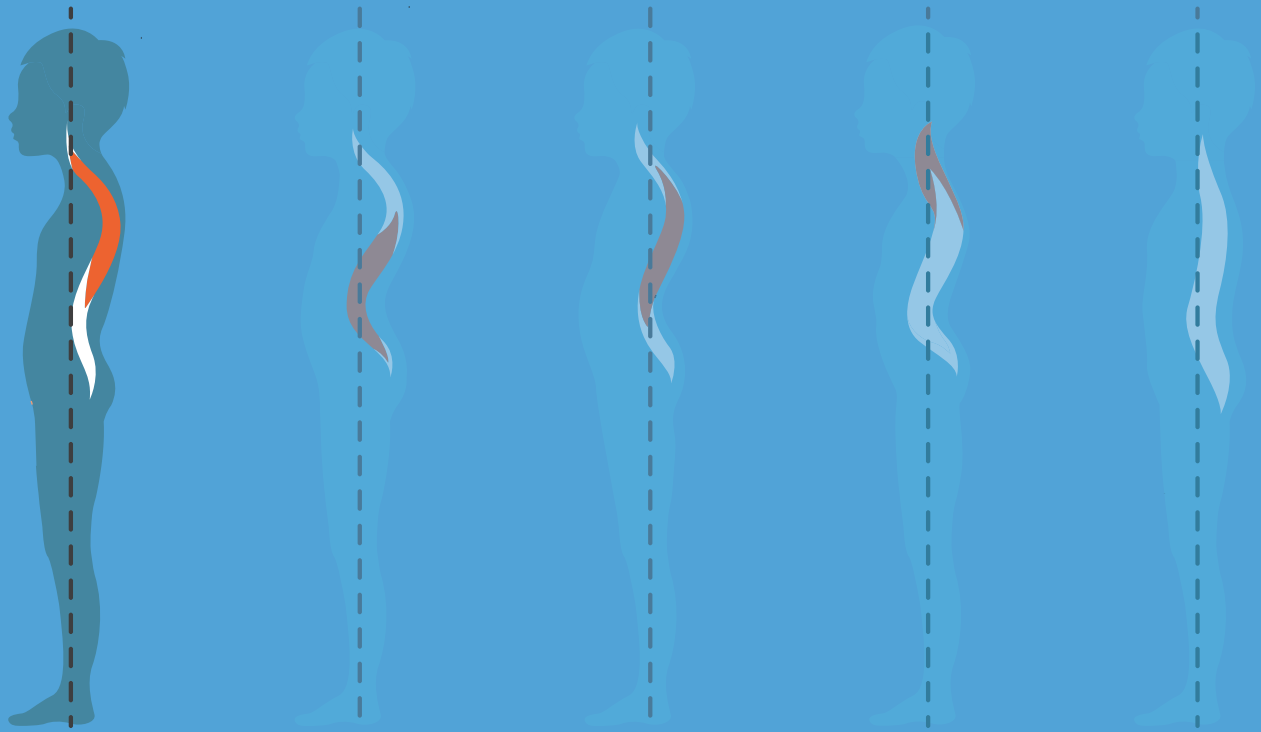
TIPS FOR FIXING BAD POSTURE INCLUDE:

- 01** Self-awareness and self-correction of your posture while sitting, standing, walking and running
- 02** Recheck your posture with regular photos of your normal stance while standing up straight
- 03** Look at your posture in the mirror: Check yourself for the five types of posture problems

Pro Tip: Take your photos to your next appointment with your doctor of chiropractic (DC) to get help with assessing your posture. A trained professional will determine alignment, balance and gait.

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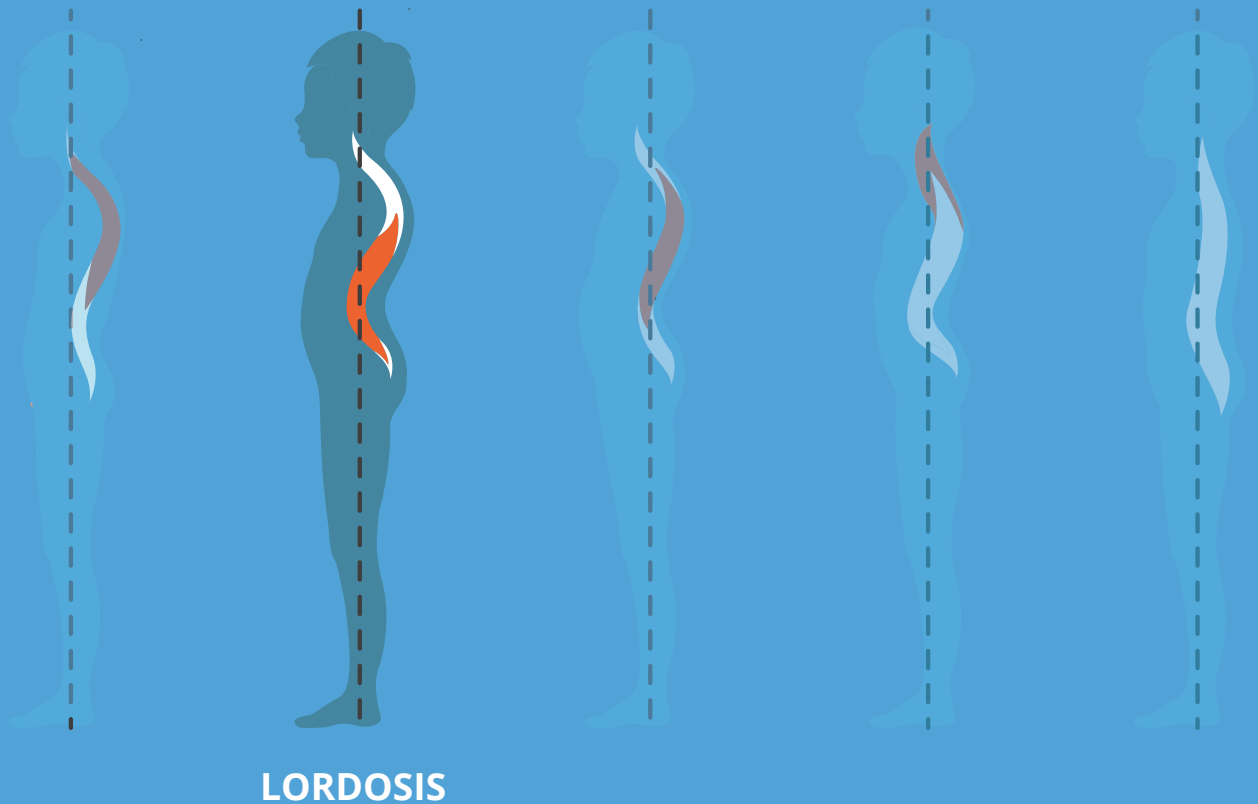
FIVE DIFFERENT TYPES OF POSTURE AND HOW TO ADDRESS EACH



SWAYBACK

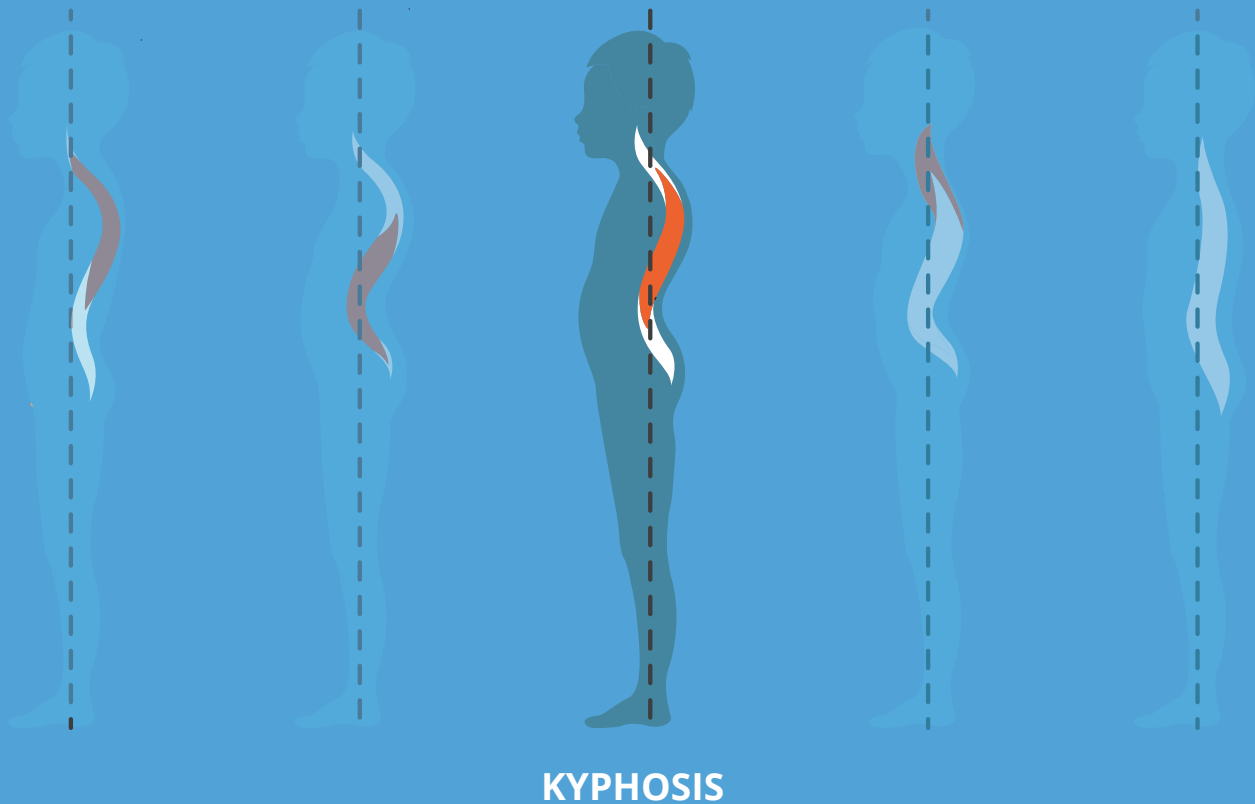
1. SWAYBACK

When your natural posture or curve of your spine is exaggerated, it can cause back pain and difficulty moving. The spine will curve inward at the neck causing your head to tilt forward while the rest of your body leans backward. Your stomach would stick out while the buttocks tuck inward. This creates balance problems and puts too much stress on your lower back. People who carry weight in their abdominal region, including pregnant women, often have swayback posture.



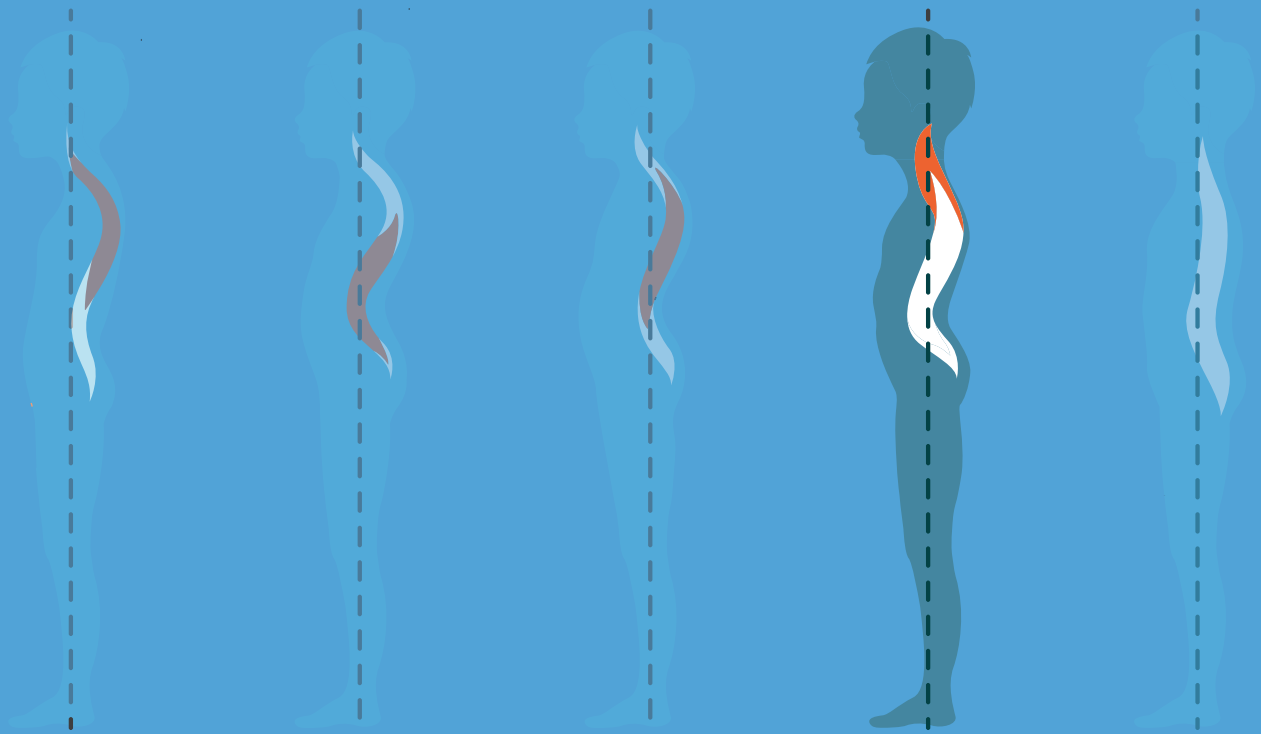
2. CHANGES TO LORDOSIS

Lordosis describes the natural curve of the spine. The curve, however, can become exaggerated in two locations: the neck and the lower back. When this happens, it causes your head to tilt forward, stomach to stick out and buttocks to stick out rather than in. Possible causes specific to this posture problem include wearing high heels often or sleeping on your stomach.



3. INCREASED THORACIC KYPHOSIS

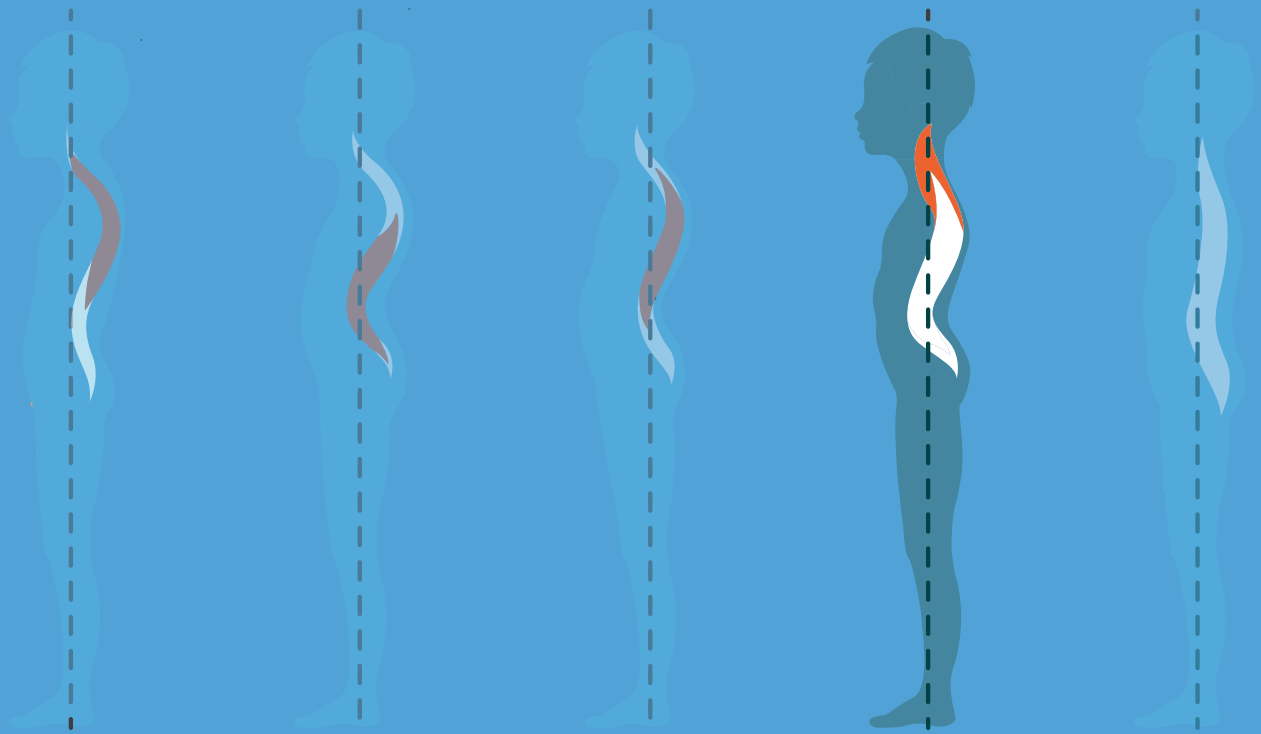
Thoracic kyphosis also describes the natural curve of the spine. Like lumbar lordosis, however, this curve can become exaggerated for many reasons, such as age or osteoporosis. In some cases, a lot of pain is related to the condition, and a back brace may be required. In other cases, little to no pain is detected. This posture problem may also cause shortness of breath or difficulty breathing along with back pain.



**FORWARD
HEAD POSITION**

4. FORWARD HEAD POSITION

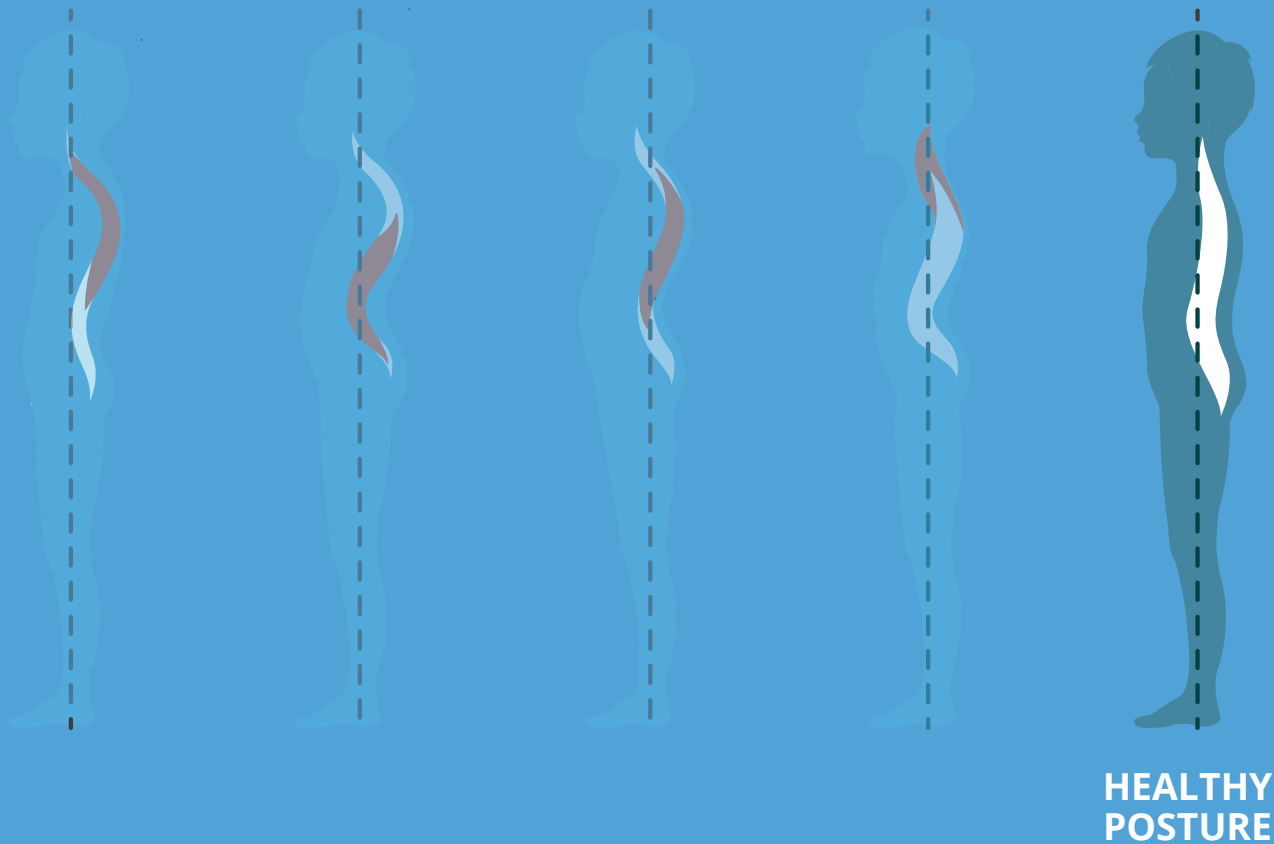
This problem often occurs when you lean over to view a screen for extended periods of time. Your neck is built to support your head standing straight up. When your head leans forward, you add about 10 pounds or more of pressure to your neck, which can cause pain and injuries. Hunched over shoulders and stiffness or tension in the neck are other indicators of forward head posture.



**FORWARD
HEAD POSITION**

4. FORWARD HEAD POSITION CONT.

Forward head posture can also happen when you sit incorrectly. Proper sitting posture involves rocking the pelvis forward, which naturally increases the lumbar lordosis (in a good way). Once the lumbar are good, the thoracics can flatten out, bringing the base of the neck back into a better vertical alignment. Then, keeping the head level helps create a nice normal cervical lordosis.







5. HEALTHY POSTURE

If your posture is good, the bones of the spine — the vertebrae — are correctly aligned. If you have healthy posture, congratulations! Remember to perform self-checks to make sure you aren't falling into one of the other categories.

SABOTAGES | THINGS THAT CAN MAKE IT WORSE

Regardless of where you are on your journey to healthy posture, it's important to minimize the choices and behaviors in your life that will make your posture worse. For example:

-  **01** Heels and shoes with bad support
-  **02** Mattresses not suited to your sleeping position
-  **03** Texting or prolonged time on your phone or tablet
-  **04** One-size-fits-all solutions. As-seen-on-TV back braces may seem like a great solution, but they can actually cause a lot of harm.
-  **05** Sitting in slumped posture for extended periods of time

CHIROPRACTIC'S ROLE IN MAINTAINING GOOD POSTURE

It's important to include your doctor of chiropractic (DC) on your journey to better posture. Your DC can assess problem areas that might be causing current pain or lead to discomfort. The doctor may also recommend exercises to strengthen core postural muscles and stretches to enhance flexibility, helping reduce the risk of injury.

There's a reason why your mother always told you to stand up straight: It really is good for you. Being aware of your posture and seeking guidance from your DC are key to improving your posture so that you can enjoy the physical and emotional benefits associated with healthy spinal alignment.

**TO FIND A DOCTOR OF
CHIROPRACTIC IN YOUR
AREA, PLEASE VISIT
[F4CP.ORG/FINDADOCTOR](https://f4cp.org/findadoctor)**

