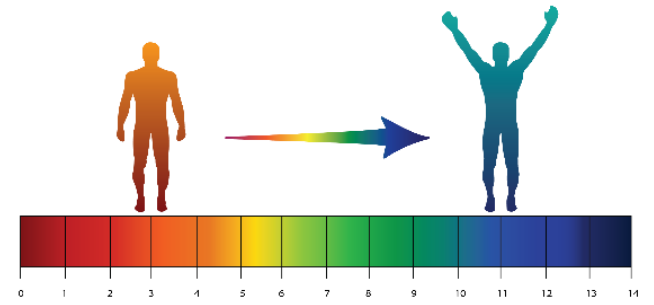
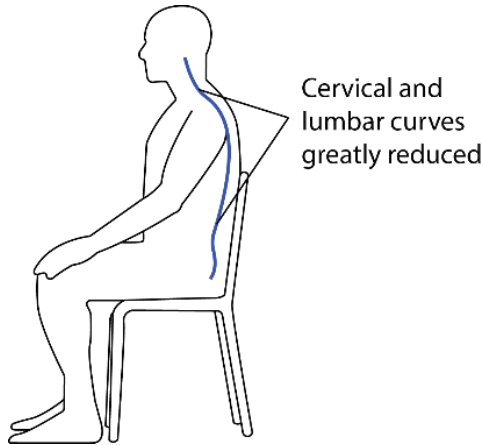


PROPER & NEUTRAL POSTURE

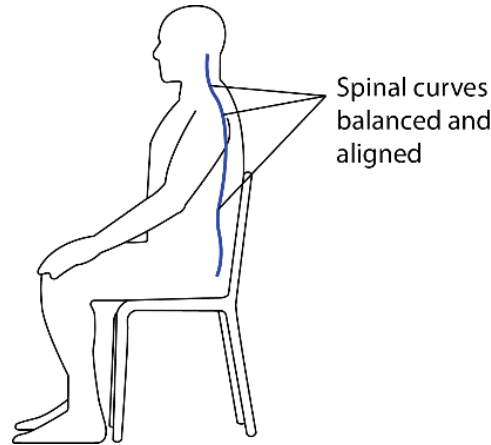
NEUTRALIZE YOUR POSTURE HABITS



How to Sit Properly:

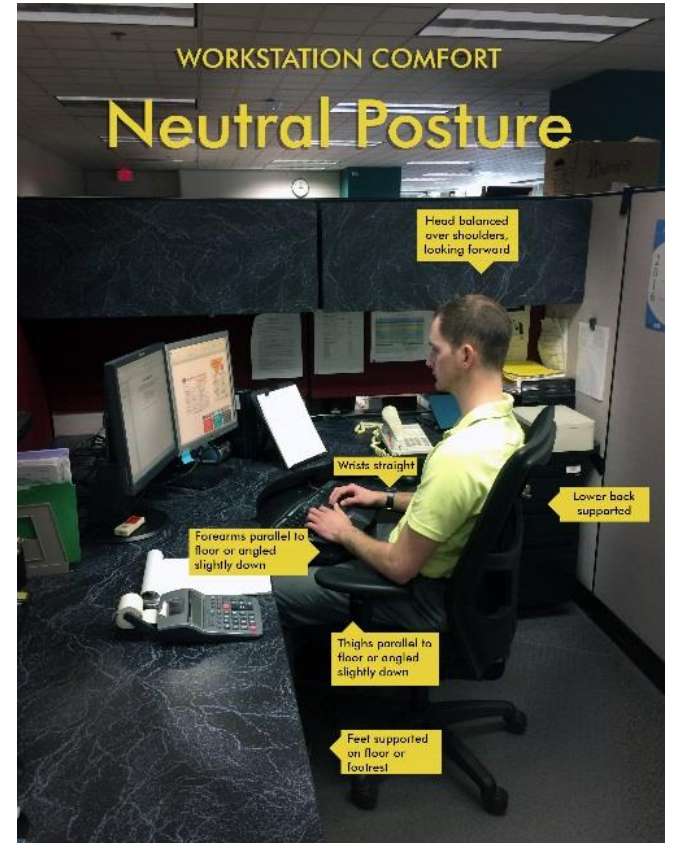


Slouched Posture

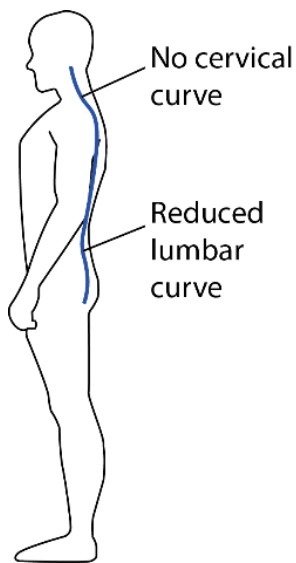


Good Posture

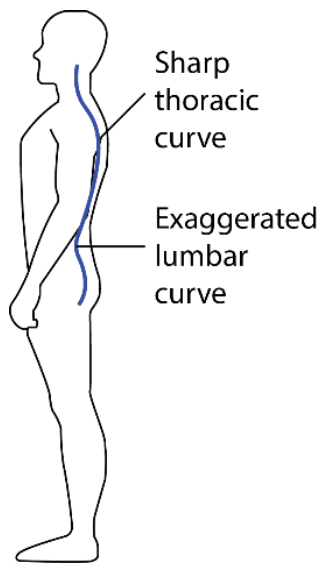
- Keep feet on the floor or on a footrest, if they don't reach the floor.
- Don't cross legs. Ankles should be in front of knees.
- Keep a small gap between the back of knees and the front of seat.
- Knees should be at or below the level of hips.
- Adjust the backrest of chair to support low and mid-back or use a back support.
- Relax shoulders and keep forearms parallel to the ground.
- Avoid sitting in the same position for long periods of time.



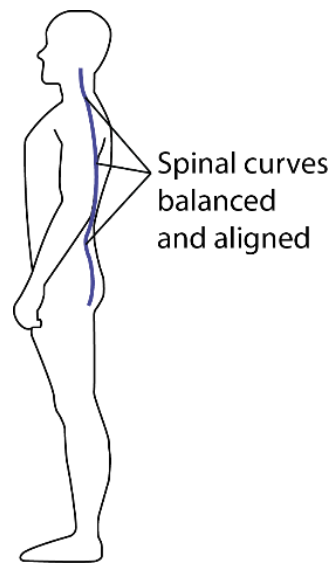
How to Stand Properly:



Slouched



Shoulders Back



Good Posture

- Bear weight primarily on the balls of feet.
- Keep knees slightly bent.
- Keep feet about shoulder-width apart.
- Let arms hang naturally down the sides of the body.
- Stand straight and tall with shoulders pulled backward.
- Tuck stomach in.
- Keep head level-earlobes should be in line with shoulders. Do not push head forward, backward, or to the side.
- Shift weight from toes to heels, or one foot to the other, if standing for a long time.

Quick Test to Check your Posture

- Stand with the back of your head against a wall
- Place heels 6 inches from the wall. Your buttocks and shoulder blades should touch the wall
- There should be less than 2 inches between your neck or small of the back and the wall
- A large gap indicates bad posture and a curving spine