

The Science Behind Bad Posture

Affecting Body and Mind

Posture is not a position, it is the way we live, the physical manifestation of our comfort zone. It is just any habitual positioning that causes unnecessary strain on the body. Posture responds to anything that resists you being more or less upright and functional, such as: Gravity, awkward working conditions, abnormal anatomy and athletic challenges. While these things may be contributing factors, it's really the tension we hold subconsciously all day, every day that eventually snowballs into real pain.



POOR POSTURE

CAUSES OF POOR POSTURE:

Poor posture may occur due to:-

1- Defects in:

- Joints: such as stiffness or immobilization.
- Bones: such as shortening or deformity.
- Muscles: such as weakness, paralysis or contracture.
- Vision or hearing.

2- Bad habits: either from early childhood or from occupational positions. **Example** for that is the workers that perform jobs which require continuous flexed position of the trunk.

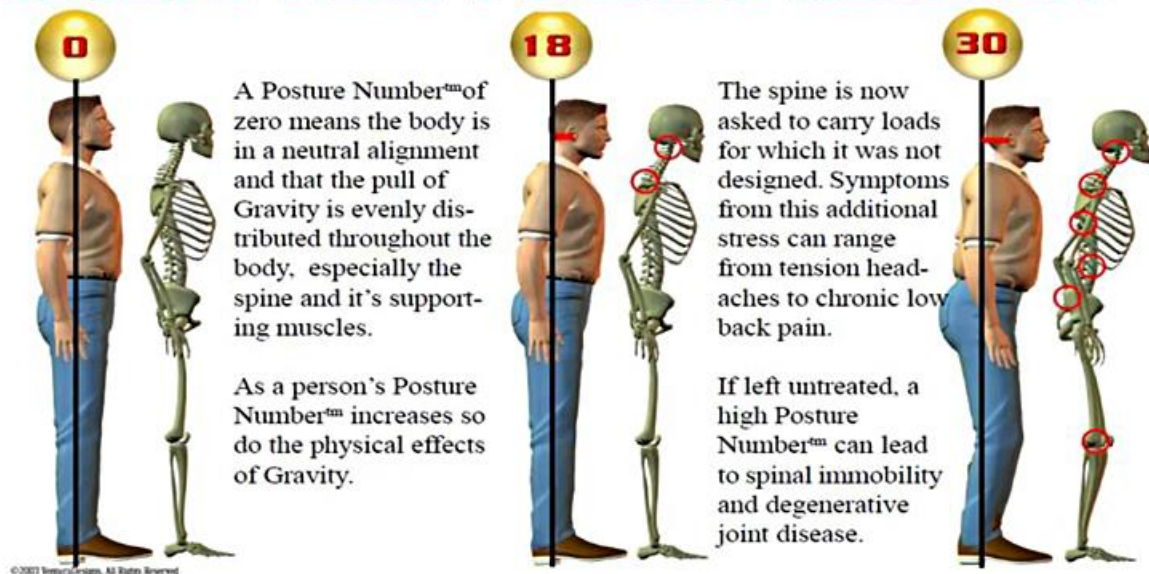
3- Pain, fatigue or bad psychological state.

Poor posture is the new first-world problem that's causing more mental and physical health complications than most people realize. Due to the variety of body types, incorrect posture differs from person to person. Over time, bad habits lead to fatigue, depression, pain and headaches.

When the body is slouched and constricted, it prevents it from working optimally which results in a poor mood. When the body remains in a seated position for an extended period of time, all of your internal processes slow down. As a result, your energy levels decrease. You may start feeling irritable, tired or aggravated.

Your posture says a lot about your personality. It also says a lot about how your joints and muscles are working. How you look and feel is directly related to your posture. Despite the importance of having good posture, most of us don't do anything to improve it; little do we realize that it can be a factor in chronic pain, mostly later in life.

What's Your Posture Number?™



The muscle and ligament imbalances that result from poor alignment can lead to all sorts of problems:

- Chronic back, neck, and shoulder pain
- Foot, knee, hip, and back injuries
- Headaches
- Stiffness
- Fatigue
- Muscle atrophy and weakness
- Difficulty breathing
- Digestion issues
- Impingement and nerve compression
- Sciatica
- Carpal tunnel syndrome

Factors Affect Posture

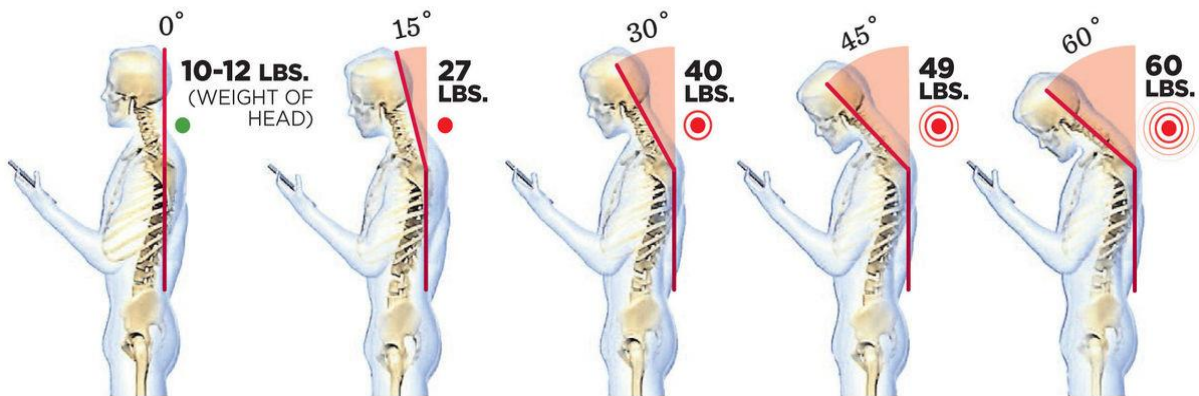
There are some factors contribute to bad posture as:

- OBESITY
- PREGNANCY
- muscle weakness.
- use high-heeled shoes



WATCH YOUR PHONE POSTURE

The pressure on the spine dramatically increases when the head is tilted forward. This stress to the spine can lead to early wear, tear and possible surgeries, according to research by Kenneth Hansraj in the National Library of Medicine.



SOURCE: SURGICAL TECHNOLOGY INTERNATIONAL

Body awareness is where it all starts. Without it, we blindly go through our work not realizing how our movements, responses, sensations and feelings affect our health. Unfortunately there's not a whole lot of research into how exactly to adopt good posture - a lot of what we know tends to come from being told to "sit up straight" as children. One of the most effective ways to correct imbalances is to stretch the overactive muscles and to strengthen the underactive muscles. The LUMObac team, which includes a doctor and a data scientist (as well as a medical advisor), advise "the best posture is always the next posture," or in other words, **always keep moving.**

BAD POSTURE RESULTS IN BAD HEALTH

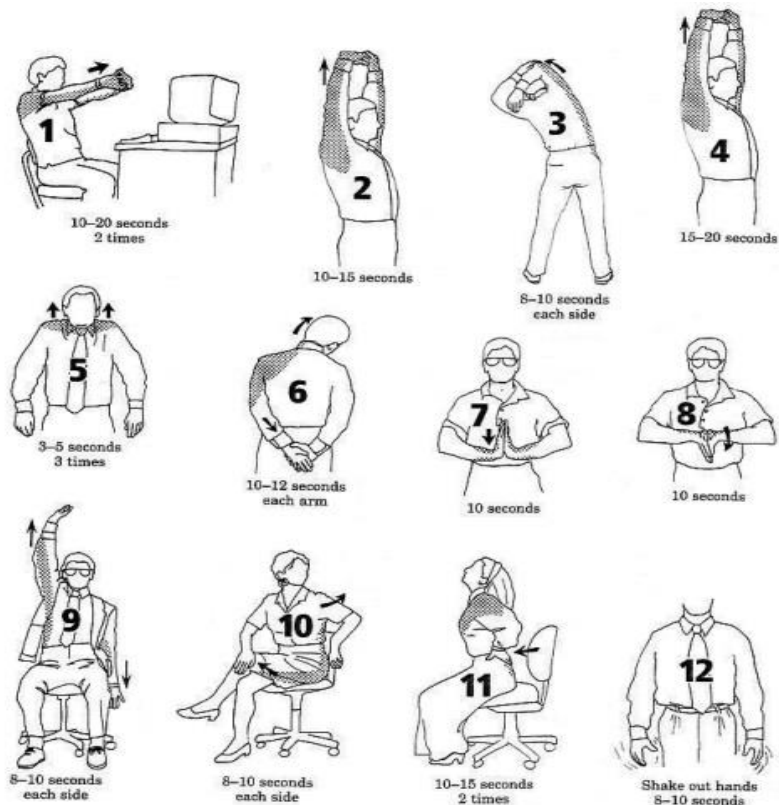
"90% of the stimulation and nutrition of the brain is generated by the movement of the spine."
~Dr. Roger Sperry
(Nobel Prize recipient)

The Importance of Stretching

Your muscles need exercise. Stretching is very important for flexibility, range of motion and injury prevention. Incorporating stretching into your daily workouts is a given but including it in your day routine is just as important to health and body functioning as regular exercise. It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles.

By placing particular parts of the body in certain position, we are able to increase the length of our muscles. As a result of this, a reduction in general muscle tension is achieved and our normal range of movement includes:

- Increased comfort
- A greater ability to move freely
- Lessening of our susceptibility to muscle and tendon strain injuries
- Helps to improve posture
- Develop body awareness
- Improve co-ordination
- Promote circulation
- Increase energy
- Improve relaxation and stress relief



As a massage therapist for many years, I became confident that poor posture is a factual thing. Unlike other bad habits, poor posture can be relaxing to correct. Why? Because massage can help get your body back on track allowing the body and mind to reinforce healthy. Massage can relax and loosen the muscles made sore by bad posture, allowing your body to position itself in its natural-and pain-free-posture.

****With on-going massage the muscles are loosened and relaxed-joints have greater freedom and pressure points are relieved. This allows the body to position itself in a healthy and natural posture, therefore avoiding the movements and positions developed over time as a reaction to the pain.***