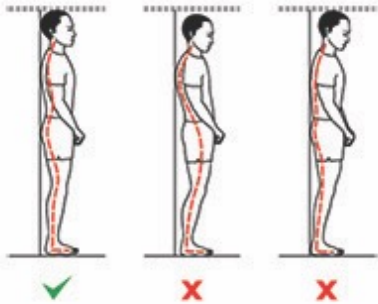


Posture:

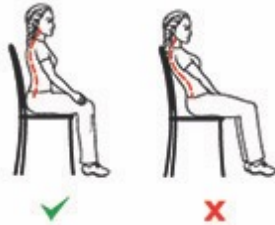
Correct posture is vital to providing the nerves of the spine enough slack to function appropriately while ensuring that the joints and soft tissues of the spine can operate with the ease that the system was designed for.

As shown in the picture, correct standing posture is:



- Ear over the center of the shoulders;
- Shoulders are over the center of the hips;
- Hips are over the center of the knees;
- Knees are over the arch of the foot.

With this form the spine can operate as designed providing appropriate weight distribution and load bearing without adding additional stress to the muscles, soft tissues, joints, and nerves throughout the trunk of the body.



Head Forward Carriage (HFC):

HFC is when the head is drawn forward in front of the shoulders and stays in this position for an extended period of time or on a regular basis. This situation affects us in very subtle, but very significant ways. **For every inch that the head moves forward an additional 20 - 30 pounds of pressure is applied to the muscles and joints of the shoulders and upper back**, and that stress continues down to the lower back and pelvis.

This situation shifts the body's center of gravity forward so that your body must compensate by increasing the curve in the low back and tilting the pelvis. Each of these shifts decrease normal function and can lead to, or exacerbate, discomfort and pain. Becoming aware of the differences between normal and abnormal posture is crucial in order for you to better identify your own posture habits throughout the day.

To begin, imitate the picture as shown to the right; stand with your back against a wall so that your heels, glutes, shoulder blades, and head are all lined up against it. The point of this exercise is to start recognizing what a correct standing posture feels like. The real challenge is to walk away from the wall while maintaining this posture. Attempt to check your posture against the wall like this every 1-2 hours throughout the day for the next week in order to start developing the correct muscle memory.

