

Best Methods for Improving Posture

Avery Bullock



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The main goal of good posture is to reduce strain on your spine as well as its supporting muscles, ligaments, and tendons. There are [two types of posture](#): static posture and dynamic posture. Static posture is the way you hold yourself when you are not moving, such as sitting, sleeping, or standing. Dynamic posture is the way you hold yourself when you are moving your body, such as running or walking. Slouching or slumping on a regular basis or other forms of poor posture can lead to many problems over time. You may experience shoulder, neck, and [back pain](#), less joint mobility, decreased flexibility, bad digestion, difficulty breathing, and poor balance.

Often, poor posture is a bad habit that somebody gets into. However, there are other factors that can contribute to poor postures, such as being hunched over your smartphone while you are texting. There are also certain health conditions that may contribute to bad posture, such as ankylosing spondylitis and [scoliosis](#), for example, can impact this, too. Regardless of the reason behind your lackluster posture, here are some surefire ways to improve it painlessly in addition to your corrective chiropractic care.

Good Posture While Standing

Your spine has three natural curves – one in your lower back, which is known as the lumbar spine; your thoracic spine in your mid-back; and another in at your neck known as the cervical spine. All three of those curves should be supported with good posture. The idea is to stand in an upright position that puts the least amount of stress on all of those curves.

While you are standing, be sure that your head is above your shoulders, and your shoulders above your hips. Proper standing alignment includes putting the majority of your weight on the [balls of your feet](#). Also, your knees should be slightly bent. This helps to absorb shock. Tuck your belly in as to not arch your back and make sure your feet are about should-width apart.

Good Posture While Sitting

While in a sitting position, your shoulders should be back with your back straight. Also, your butt should be touching the [back of your chair](#). Touching the back of the chair with your butt can help prevent slouching.

Although it may seem natural to cross your legs, to improve your posture you should keep your feet flat on the floor, with your knees slightly higher or even with your hips and bent at right angles. When you cross your legs, your pelvic alignment is shifted, also affecting the alignment of your lower back. It is also important to take stretching breaks or walk around the office every 30 minutes or so when sitting in one position for extended periods of time.

Good Posture While Sleeping

Chances are you fall asleep in whatever [position](#) feels the most comfortable at the moment. It's important to understand that you should practice good posture even while sleeping. You may want to consider sleeping on your back or on [your side](#). Regardless of which position you sleep in, you want to have your shoulders and hips level. You also want your neck to be in a neutral position.

Finally, if your mattress and/or pillow are not doing their job, it does not matter which sleeping position you use – your body won't be properly supported. Try to use a pillow that is not too hard or too fluffy. Opt for one that allows your neck to be in line with your spine.

Seek a chiropractor's help if you are not seeing results with these suggestions – it may make a world of difference!