
Why Posture Matters

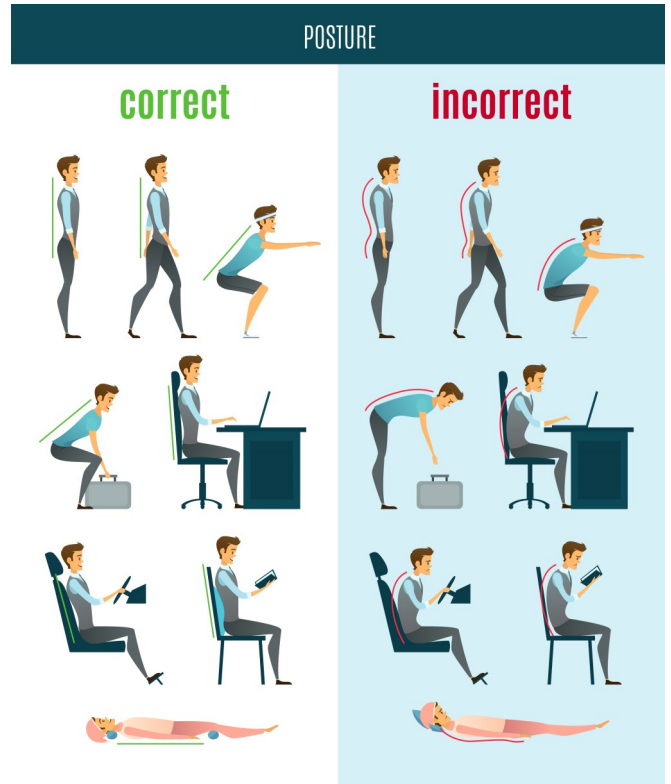
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Posture is a bit like brushing and flossing your teeth. In the moment it might not seem like it makes a big difference, but over time poor posture can lead to compressed nerves, worn out joints, headaches, impaired breathing, and overall strain to ligaments and tissues that weren't meant to carry heavy loads.

Like the blocks you played with as a child, your vertebrae are only stable if they're aligned properly. If you're out of alignment then ligaments, joints, muscles, and nerves take the brunt of the additional strain to keep your body upright. Whether you're sitting, standing, lying down, or performing a task, there are things you can do to prevent the pain that comes from bad posture. You're not alone with the battle that gravity wages on our bodies.

A number of things can place us at risk, such as: job related demands and habits, poor support when sitting or driving, core weakness, extra bodyweight, leg length differences and Scoliosis, just to mention a few common problems. People with osteoporosis or other musculoskeletal diseases can also suffer from deteriorating posture. For that matter, you may suffer from genetic predispositions that create biomechanical changes leading to poor posture.

The good news is that there are things you can do right now that will stop the wear and tear from poor posture and begin to support your healing from the pain it causes. The Physical Therapy Department at Northwest Spine and Pain Medicine can help you identify the top two or three postural culprits that are exacerbating your pain. Ask your provider for a postural assessment to help know where to start.*



MIND YOUR POSTURE

***You can reach us at (509) 464 - 6208 for questions about postural assessments with our physical therapy department, including telehealth appointments.**
