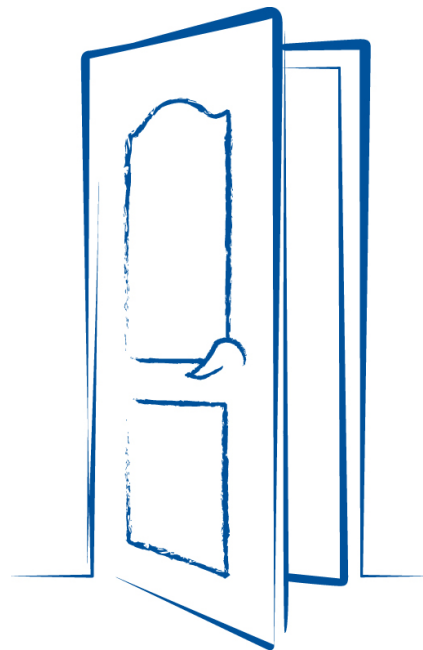


Good Posture Programme



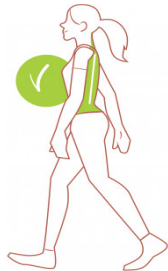
Introduction

The following recommendations are aimed at helping children and teenagers improve their posture to help reduce incidence of back pain, muscle tightness and curvature of the spine as they develop and grow.

Good Posture

Why is good posture important?

- ⦿ We need to make sure we have good posture as this will help prevent back or neck ache and pain in our joints.
- ⦿ When we stand up tall and straight we can breathe better as it gives our lungs room to open properly
- ⦿ It will help our body's organs work better if they are not squashed up.
- ⦿ It can help us stay alert and focussed and this ensures we don't get too tired when we are working.
- ⦿ It will help us use our arms freely so we can use our hands more easily for fine motor tasks.



Things we can avoid during the day to help our posture while we are sitting down

- © The first picture shows how we should be sitting in a chair. It is at the right height so the feet are flat on the floor, the seat is just the right depth to help with this. We should have 90 degree angle at our hips and knees. Your spine should be straight and your bottom at the back of the chair.
- © In the second picture the lady is leaning forward, (this can happen if her desk is too low).
- © In the third picture the lady has let her bottom slide forward, (this can happen if a chair is too high)
- © In the last picture the lady does not have her feet flat on the floor and is sitting on the edge of her seat, her chair is definitely too high!!



Good Posture – Sitting

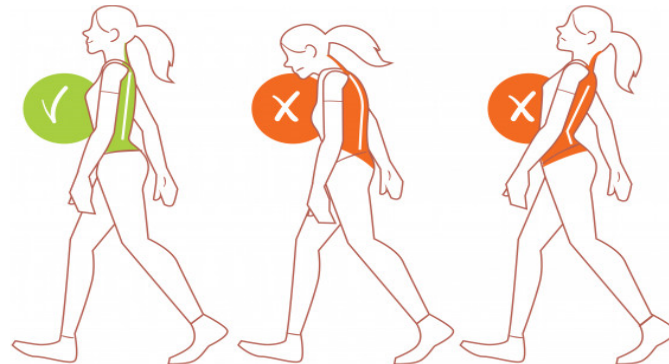


Things we can do during the day to help our posture while we are sitting
In class or on a dining room chair. (make sure your feet are on the floor)

- **Stretch and relax** – reach both your arms high up above your head until your hands touch, hold for 5 seconds then slowly lower your arms and relax your shoulders but don't let them slump forward.
- **Overhead stretch** – Reach your left arm up first , then your right so your right hand grasps your left wrist. Gently pull your left arm and bend at the waist and lean your trunk to the right, hold for 10 secs then return to start position, swap arms and repeat to the other side.
- **Shoulder squeezes** - Stretch you arms out straight to either side, with your palms facing backwards, your hands should be level with your shoulders. Keep your elbows straight and move your arms backwards, hold for 3 seconds then relax. Repeat 10 times.
- **Reach and Grab** – With your left hand reach up behind your neck/back, at the same time reach down with your right hand to reach up your back. If your can, link your fingers together and hold for 5 seconds, relax and repeat 3 times. Then swap arms so the right arm goes up and left arm goes down and repeat.
- **Side Twists** – Turn your head to look over your right shoulder, reach your right arm behind the chair, and with your left arm reach round to the right, twisting your trunk, don't lean over, hold for 10 secs, repeat to the left.

Things we can do during the day to help our posture while we are standing up

- ◎ Remember to stand up tall with a straight back, and keep your shoulders back but relaxed.
- ◎ Hold your head up and straight, with your ears in line with your shoulders and hips.
- ◎ Make sure your chin is not poking out and making your head tilt backwards
- ◎ Make sure your tummy is tucked in and your core muscles are engaged
- ◎ Make sure your lower back only has a slight curve and your bottom is not sticking out or curled underneath you.
- ◎ Your feet should be facing forward and slightly apart when standing still. Don't drop your hip this puts your pelvis out of line.



Good Posture – Standing activities

Things we can do during the day to help our posture while we are standing

- **Stretch and relax** – Reach both your arms up as high above your head as you can until your hands touch, hold for 10 seconds then slowly lower your arms and relax your shoulders but don't let them slump forward. Repeat 10 times
- **Shoulder squeezes** - Stretch your arms out straight to the side with palms facing forwards, your hands should be level with your shoulders. Keep your elbows straight and move your arms forwards until your hands meet, hold for 10 seconds then relax. Repeat 10 times.
- **Shoulder Shrug** – With both arms down by your sides, raise/shrug both shoulders up towards your ears. Slowly move your shoulders back as far as you can, then slowly lower your shoulders. Hold for 10 seconds and relax, repeat 10 times.
- **Shoulder Stretch** – Clasp both hands together behind your bottom, squeeze your shoulder blades together for 10 seconds then relax. Repeat 10 times.
- **Forward bends** - Stand with your feet slightly apart, clasp your hands together behind your head and slowly bend forward to waist level. Hold for 3 seconds then slowly stand up tall again. Repeat 5 times.
- **Side Bends** – Stand with your feet slightly apart. Put your hands on your hips, slowly twist to the left from the waist, don't lean over, hold for 10 secs, repeat to the right. Do this 5 times to each side.
- **Wall Stand** – Stand with your bottom and back just touching the wall, your heels will need to be away from the wall. Squeeze your shoulders together and make sure your head is level and straight. You can ask someone to tell you when you are in a good posture.

If any activities or recommendations within this programme cause undue pain or discomfort please **stop** and contact our team immediately.

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