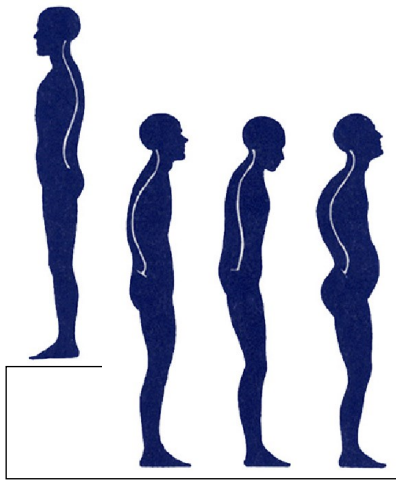


Poor Posture Hurts — ALL OVER

Poor posture not only looks bad, but it can cause muscle tension, stiffness, fatigue, and pain in the back and neck. Even your attitude and self-confidence may suffer.



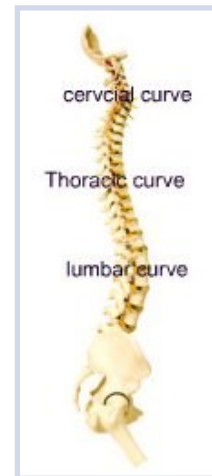
A good standing posture protects you from injury, boosts your energy, and is the basis for good body mechanics. The safest way to bend, lift, reach, and move requires correct posture and good body mechanics.

Pinnacle Physical Therapy offers personal and group instruction to help analyze and promote good posture and body mechanics.

The Anatomy of Good Posture

The goal of good posture is to maintain the three natural curves of your spine in their normal, balanced alignment.

If your ears, shoulders, pelvis, knees, and ankles line up, your three curves are in their correct position.



To keep your spine aligned, you need strong, flexible muscles to hold your spine in position. By learning how it feels to be in good posture, you will develop the body awareness that helps you stay aligned. Posture exercises give you the strength and flexibility you need to keep your spine in good posture. Our physical therapist can provide a personalized home or gym



Posture Tips to Look & Feel Good

Good posture boosts your self-confidence and energy. You project a more positive, healthy self-image. You look taller and your clothes “hang” better. While using good posture, try these tips to look and feel your best every day.

- **Balance the load.** When carrying things, put equal weight on both sides of your body.
- **Wear low shoes.** High heels strain your lower back, try to wear low shoes with good arch supports whenever you can.
- **Control your weight.** A potbelly tugs and pulls on your lower back. Stay trim by eating right and exercising regularly.