

How can I protect my posture?

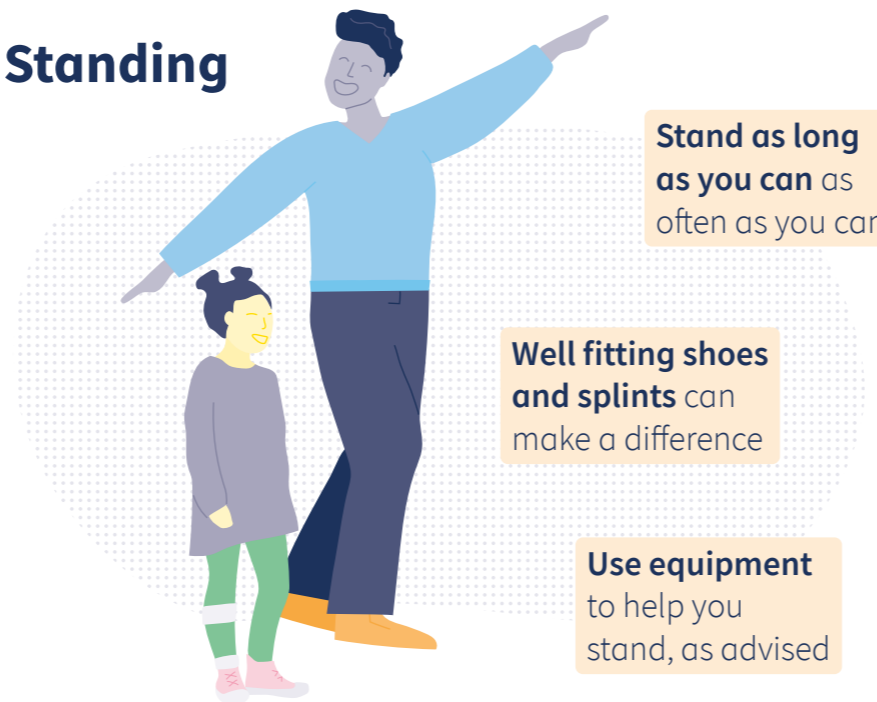
If you lie, sit and stand well and move your body often, you will be taking care of your posture 24 hours a day.

Everyday activities can affect your body's natural alignment, which can cause pain, discomfort and even deformity of the spine.

Some people can't change their positions on their own. This puts them at greater risk of postural changes if it isn't managed.

If you notice that your posture is changing, you're leaning to one side, feeling sore and stiff or are getting stuck in the same position, contact a physiotherapist or occupational therapist for advice.

Standing



Stand as long as you can as often as you can

Well fitting shoes and splints can make a difference

Use equipment to help you stand, as advised

Sitting

Sit straight

Your **back rest** should be in contact with your back

Your **bottom** should be right back in your chair

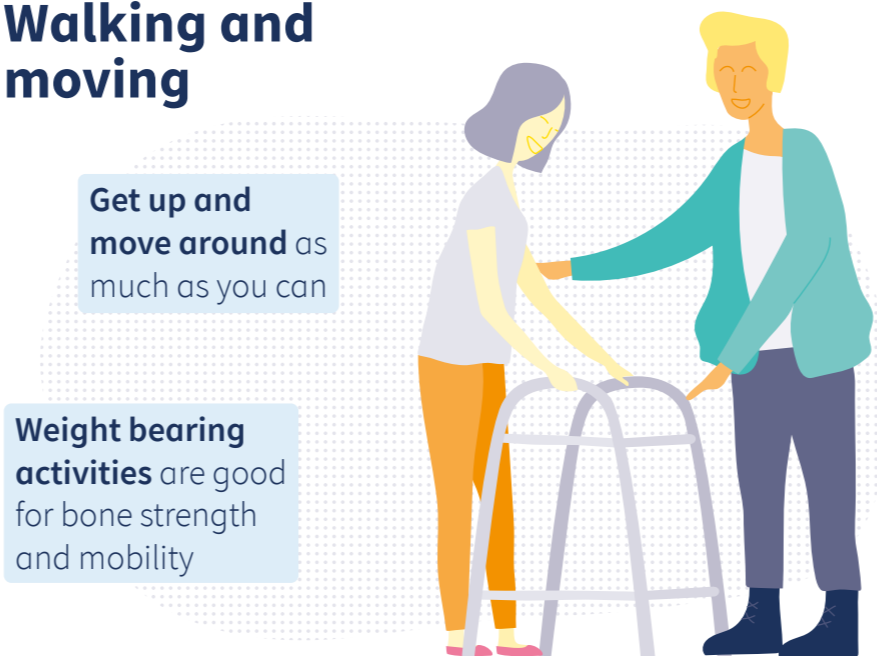
Aim for a **well fitting and supportive chair or wheelchair** to help you participate in activities

Your **arms rests** should be at the right height

Your **head, thighs and feet** should be supported



Walking and moving



Get up and move around as much as you can

Weight bearing activities are good for bone strength and mobility

Lying

Lie straight

How you lie overnight affects your posture during the day

Aim to avoid positions that get you stuck or make you stiff and sore in the morning

