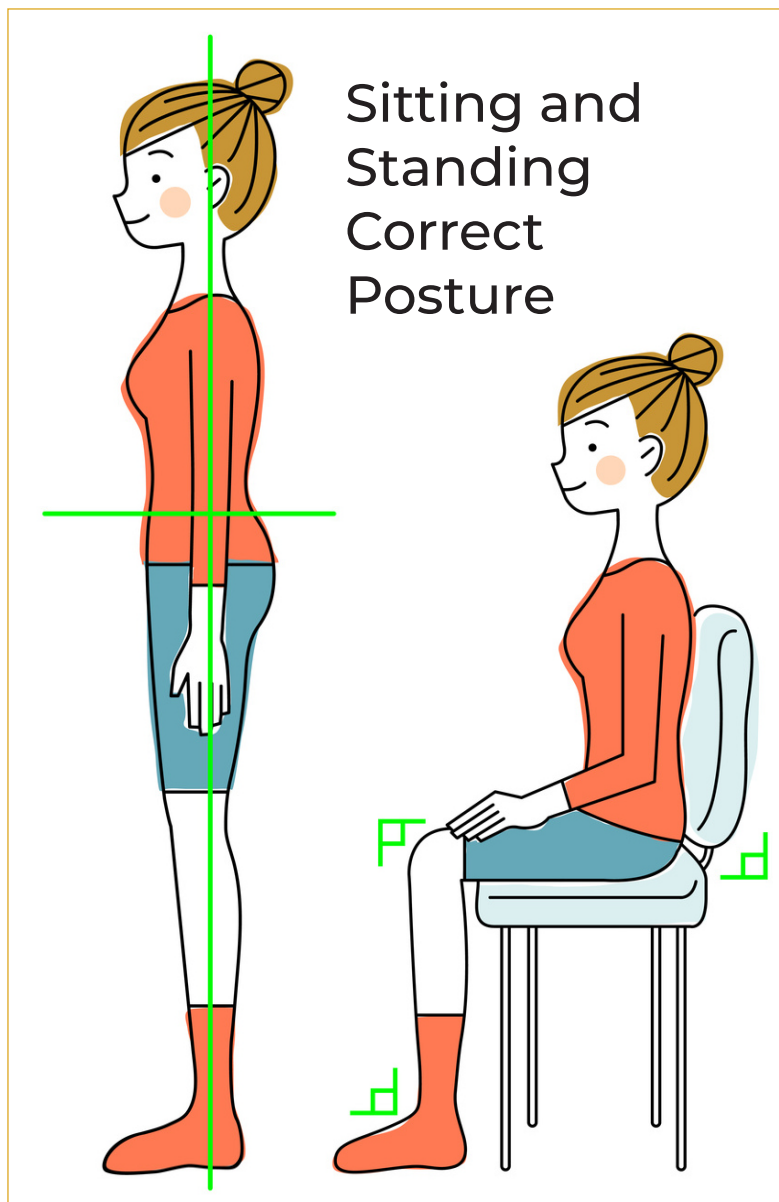


Those standing for work must be careful not to get lazy with their standing posture and should minimize any laxity in their core. Long hours in a seated or standing position leads to disuse of the necessary core musculature and proper posture needed to maintain good joint alignment and good recruitment of the appropriate supporting postural muscles. Any prolonged sitting or standing with poor posture and fatigue stresses the system and increases the potential to cause pain in remote areas based on a poor central foundation.

To minimize this, it is important to be mindful of your body in space. For every inch forward your head sits in front of your carriage, it increases the load carried down the spine by 10 pounds. Allowing your head to sit forward and your shoulders to hike up lead to an imbalance in flexibility in the upper torso, not to mention the increased stress carried down in the cervical spine.

In standing, that means holding your head over your carriage (your torso), keeping your shoulders back and down (scapular setting) and recruiting your transversus abdominis muscle (the deepest abdominal muscle involved in core stability).

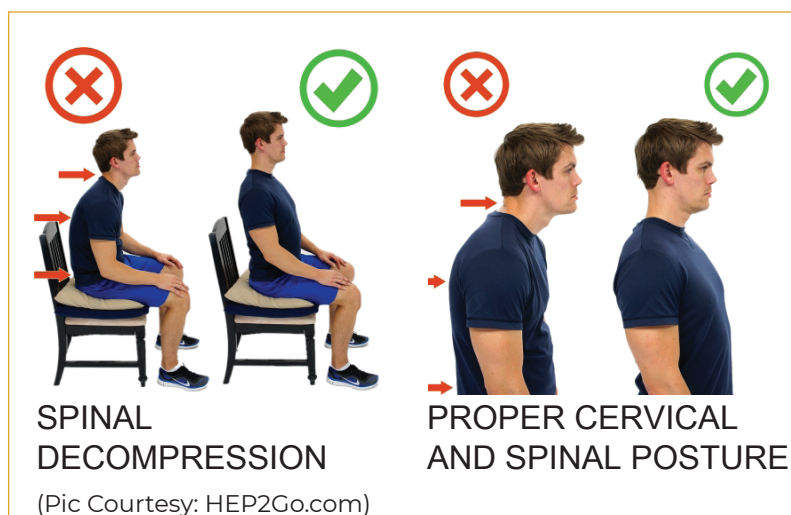
Inactivity of your deep abdominal muscle allows for excessive movement in the spine and malalignment in the low back. This is damaging to the body's foundation where proper alignment of the entire spinal column begins. These positions lead to stress and discomfort in the surrounding tissues as well as remote areas along the path of the irritated nerve.



Poor posture can affect the musculoskeletal system as well as the visceral system. On a deeper level, it can affect your breath, energy, sleep, digestion and other organ functions.

Two exercises that can correct posture and reduce compression on structures are **spinal decompression and chin retraction**.

Spinal decompression can be done sitting or standing. In sitting, place your feet shoulder width apart. In standing, place the feet directly under the hips. Sit or stand with good upright posture by reaching up through the crown of the head to unload the spinal column.



This will increase the space in between the vertebrae (spinal bones), drop the shoulders down and back and pull the abdominals in toward the spine (naturally stabilizing the spine). This exercise also activates the small spinal stabilizer muscles (the multifidi) which control motion between each vertebrae.