



Advice for good Posture

How often do you hear someone say "first it was my knee and now it's my back"? Frequently the physiotherapist is faced with a pain in one part of the body, which can be traced back to another problem. When you think about it, it's pretty amazing that any of us can walk, jump, stop and start on our two feet. Not many other animals can do that! We can only achieve this by having a fine balance of our joints and muscles against the force of gravity.

So think how you carry yourself. Look in the mirror and start with your feet. We should be standing with the weight evenly divided between our two feet. Not leaning forward over the toes or backwards on the heels. You may now see that the arch of the foot is falling inwards, this causes undue pressure on the inner part of the foot and can be transmitted up to the knee. Try and lift the arch slightly, you may notice how this movement alters the direction that the kneecaps are facing.

When standing your knees should be straight with the kneecaps facing forwards. Arthritis sufferers often find that their knees feel more comfortable in the bent position. The only time your knee should be bent when walking is when you swing through to take a step forward. The weight-bearing standing leg should be straight.

Pain and stiffness in the back makes us want to stoop forwards. The natural curves of the spine are then lost and the back muscles have to work hard to maintain our upright position. As soon as you raise your head and lift your shoulders back you will feel you are using less effort to maintain an upright position.

At the Wye Physiotherapy practice we work with a variety of postural problems and aim always to ensure you can sit, stand, walk and run in a posture that is comfortable and effortless.

A lot of people don't realise that the poor postural positions they adopt can lead to miserable pain, it can take just a few simple adjustments to show you how to relieve it.