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"treating the cause of your problem, not just the symptoms"

Good Posture is Important

Good Posture...just how important is it?

Posture ranks right up at the top of the list when you are talking about good health. It is as important as eating right, exercising, getting a good night's sleep and avoiding potentially harmful substances like alcohol, drugs and tobacco. Good posture is a way of doing things with more energy, less stress, and less fatigue. Without good posture, you can't really be physically fit.

Surprised? Well, you're not alone. The importance of good posture in a healthy lifestyle is often overlooked by health care practitioners. In fact, the benefits of good posture may be among the best kept secrets of the current health movement. The good news is that most everyone can avoid the problems caused by bad posture...and you can make improvements at any age.

Good Posture is Good Health

We're a health conscious society today and good posture is a part of it. Practicing good posture means your bones are properly aligned and your muscles, joints and ligaments can work as nature intended. It means your vital organs are in the right position and can function at peak efficiency. Good posture helps contribute to the normal functioning of the nervous system.

Without good posture, your overall health and total efficiency may be compromised. Because the long-term effects of poor posture can affect bodily systems (such as digestion, elimination, breathing, muscles, joints and ligaments), a person who has poor posture may often be tired or unable to work efficiently or move properly.

Even for younger people, how you carry yourself when working, relaxing or playing can have big effects. Did you know that just fifteen minutes of reading or typing when using the wrong positions exhausts the muscles of your neck, shoulders and upper back?

Poor Posture - How Does it Happen?

Poor posture can develop after accidents or falls. But, more commonly, bad posture develops from environmental factors or bad habits. This means that you have control.

Today, posture-related problems are increasing at a dramatic rate. In most cases, poor posture results from a combination of several factors, which can include:

- accidents, injuries and falls.
- we are a society that watches more television than any previous generation.
- more people are working at sedentary desk jobs or sitting in front of computer terminals.
- poor sleep support (mattress/pillow)
- excessive weight
- visual or emotional difficulties
- foot problems or improper shoes
- weak muscles, muscle imbalance
- careless sitting, standing, sleeping habits
- negative self image
- occupational stress
- poorly designed work space

Poor Posture & Pain

A lifetime of poor posture can start a progression of symptoms in the average healthy adult. It can start with...

Fatigue - your muscles have to work too hard just to hold you up if you have poor posture. You waste energy just moving, leaving you without the extra energy you need to feel good.

Tight, achy muscles in the neck, back, arms and legs - by this stage, there may be a change in your muscles and ligaments and you may have a constant stiff, tight painful feeling. More than 80% of the neck and back problems are the result of tight, achy muscles brought on by years of bad posture.

Joint stiffness and pain - Poor posture and limited joint mobility increase the risk of "wear and tear" arthritis, or what is termed degenerative osteoarthritis, in later years.

It is the job of the chiropractor to educate about what good posture is, how to stretch the affected muscles, and to do a series of chiropractic "adjustments" to restore the full mobility in your joints. If you follow through with what your chiropractor recommends, not only will you prevent early onset of arthritis, but you will "feel" healthier, sleep better, and be able to complete physical activities that may otherwise cause you pain.