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

Stand Up Straight and Don't Slouch!

Your mother was probably right when she used to cry "stand up straight!" and "don't slouch!". In addition to visiting your chiropractor, having and maintaining good posture is one way in which to promote better joint mobility and muscle flexibility, thus alleviating stress and strain on the neck and back.

If you slouch a lot, then you risk having neck and back pain at sometime in your life. Below are some simple and effective techniques that are meant to improve and help correct poor posture.

1. If you are one of those people who work with a computer, or at a desk, then the chances of you slouching are quite high. The best way to deal with this situation is to take breaks and stretch during the entire day. Try getting up and moving about every 20-30 minutes, this will help. These stretches will help in keeping your muscles in good order for a good posture.
2. Take a sit on the end or edge of a chair while your feet are on the floor. Put a pillow or cushion in between your knees and squeeze for a few seconds while at the same time raising your head and pushing your shoulder blades back. Do this over and over for at least 10 times.
3. Stand up against a wall while keeping your back straight. Your heels should be about 4 inches away from the wall. The next thing to do is to hang your arms down to your sides, face your palms forward, and then use your abdominal muscles to push your low back close to the wall. Now slowly bring your head to the wall with your chick tucked in. Hold onto the position for about 20 seconds. Do this again for at least 3 times.
4. Sit on a chair and place your feet flat on the floor. Now, using your hands, pull your head forward as far as possible (but not too hard!). Pull in a gentle manner such that you feel the muscles stretch in your upper back. Repeat this at least 3 times and hold each position for about 20 seconds.
5. The next technique is to bring your teeth together in gentle manner, tuck your chin in, and then slowly glide your head backwards without tilting it. Do this until you feel some

tension at the back of the upper neck. Hold this position for at least 20 seconds. Repeat this at least three times.