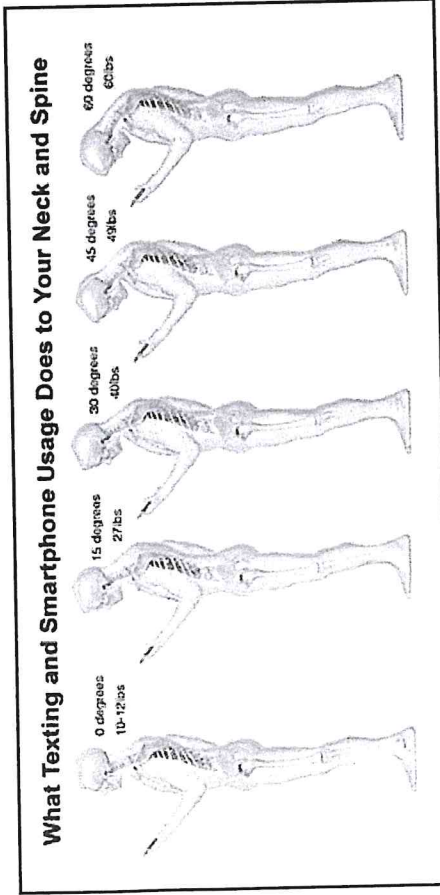


Using Phones and tablet devices:

- Try to avoid long periods of screen time
- Try to avoid laptops and phones in bed to avoid poor posture and neck problems.
- Take frequent movements breaks.
- Be aware of the effects of screen glare- this may cause eye strain, headaches and tension at the head and neck.
- Think about the way you hold your phone- bring the screen to eye level to avoid slouching forward and straining your neck.
- For tablets and laptops try using a stand/support to raise the height to eye level.



Tips for good posture:

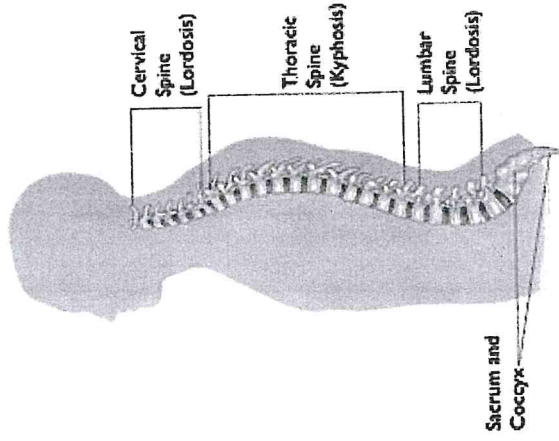
- Change position frequently
- Wear comfy, supportive shoes.
- Exercise regularly.
- Maintain a healthy weight.

Aches and pains of the back can be symptoms of a poor posture and may be eased by following the advice on this leaflet. If you experience prolonged discomfort seek advice from your GP.

This leaflet has been provided by the Vranche House Therapy Team. If you have any questions or concerns please call us on 01392 468558.



POSTURE



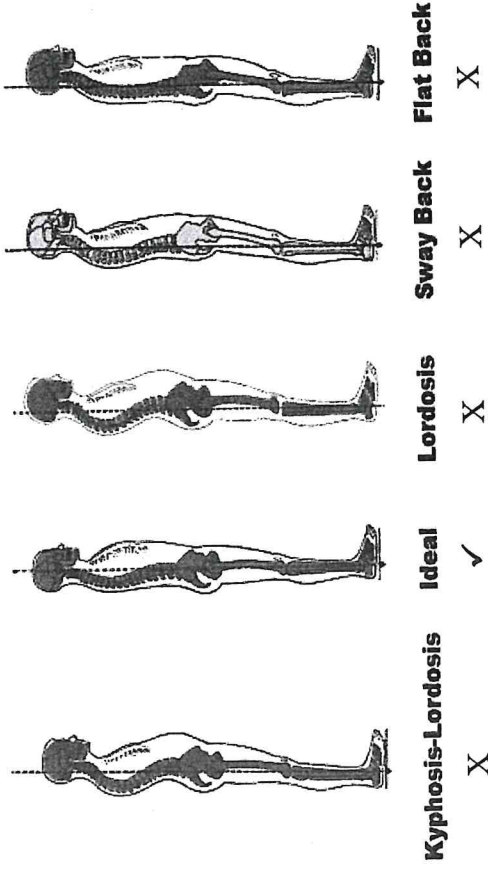
Good posture is a result of the muscles of the tummy, back, neck and pelvis working together to maintain the natural 'S' shape curvature of your spine.

Why is good posture important?

- For correct alignment of bones.
- To alleviate strain on muscles, joints and ligaments
- To decrease muscular fatigue and pain.
- To avoid shortening of muscles, tendons and ligaments to maintain a good range of movement and function.
- Allows even weight distribution across your spinal discs.
- Assists breathing by promoting good diaphragmatic movement and chest expansion.

Good standing posture:

- Imagine a string attached to your head pulling you upwards
- Shoulders should be relaxed not rounded forwards and in line with your hips.
- There should be a small curve in your lower back.
- Stand with your weight equal over both feet.
- Knees should be relaxed

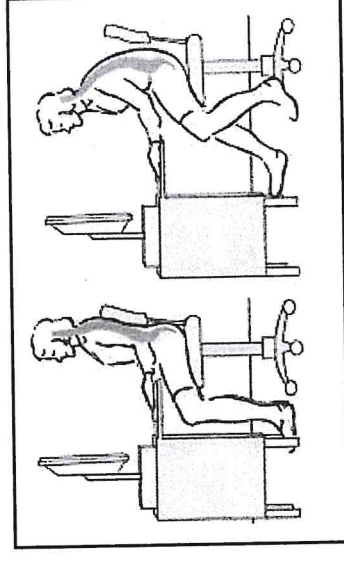


Good Sitting Posture:

- Imagine a string attached to your head pulling you upwards.
- Sit with your bottom back in the chair with your thighs supported and your feet flat on the floor.
- Do not cross your legs.
- A rolled up towel in your lower back may help to maintain good posture.

Posture at school:

- When using a computer your keyboard should be at elbow height.
- Top of the screen should be at eye level.
- Mouse devices should be keep close to your body.
- Frequent movement breaks- leave your desk on a regular basis. We suggest 5 minute breaks for every 30 minutes.
- Move your arms, legs and shift your weight regularly to minimise tension through the spine.



Good Posture Bad posture

Carrying school bags:

- Bad posture can be linked to carrying heavy school bags which may contain items such as sports equipment, text books, musical instruments and laptops.
- Rucksacks worn over two shoulders helps to distribute load evenly.
- Try to reduce the number of items you carry; use lockers where possible. Organise what you need to carry each day.