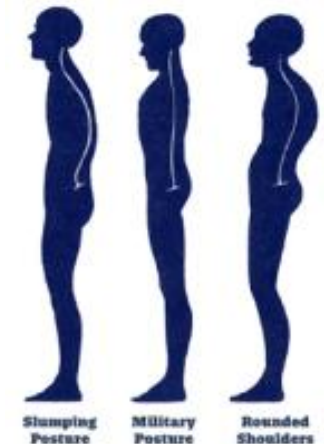
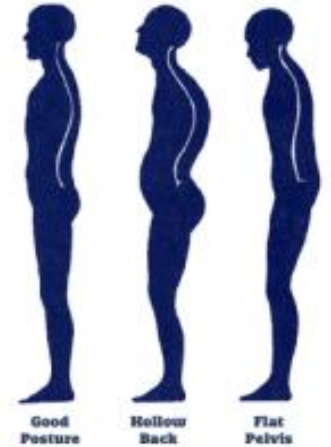




Posture

‘Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities’



Maintaining good posture decreases stress on the ligaments responsible for holding the joints of the spine together. It further prevents strains, muscle pain and fatigue. Good standing posture involves the following:

- ✓ Feet flat, toes forward
- ✓ Knees soft
- ✓ Hips level, not tilted
- ✓ Back straight
- ✓ Shoulders centred
- ✓ Head upright



Total Health Solutions

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