

Back pain caused by poor posture may have any of the following characteristics:

- Pain that starts in your neck and moves down into your upper and lower back
- Pain that subsides after switching positions while sitting or standing, sudden back pain that coincides with a new job, a new office chair, or a new car

Exercises to improve posture:

- These simple stretching and strengthening exercises target muscles
- Lower-back and abdominal workout
- High stretch and back stretch
- Hamstring stretch and neck stretch
- Shoulder and upper back workout

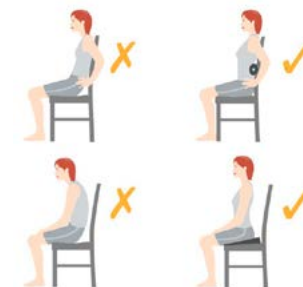
Physiotherapy treatment may include:

- Assessment and diagnosis of postural habits
- Postural education and training
- Manual therapy and soft tissue massage
- Dry needling
- Postural taping
- Electrotherapy
- Joint mobilisation
- Corrective exercises and movements to improve flexibility, strength and posture
- Activity modification advice
- Advice regarding ergonomic work stations
- Pilates



Muscle tension caused by poor sitting and standing habits, such as:

- Slouching in a chair
 - Standing with a flat back
- Preventive measure for lower back pain:**
- Keep your back, stomach, leg muscles strong and flexible
 - Keep your body in alignment, so it can be more efficient when you move
 - Don't slouch keep good posture



Heal with the right posture

DR RICHA SINGH UNRAVELS THE SECRETS TO MAINTAINING A GOOD POSTURE
BY JEELANI MN

Do you sit straight? What is your posture? These are the common questions asked when you have injured your back, or are in pain, or even when you think you are developing a slight pull or a cramp in your back muscles. Now, what is poor posture? The posture that results from certain muscles tightening up or shortening while others lengthen and become weak, which often occurs as a result of one's daily activities.

You may not feel any ill-effects after sitting with poor posture for a few hours, but over time the stress that it places on your spine can lead to anatomical changes in your spine. This in turn can provoke back pain.

Dr Richa Singh – who has been in the physiotherapy field for 9 years, with a specialisation in sports Injury, manual therapy, dry needling and post operative cases – says that, "Correcting your posture may feel awkward at first because your body has become so used to sitting and standing in a particular way, but, with a bit of practice, good posture will become second nature and be one step to helping your back in the long term."



DR RICHA SINGH
Physiotherapist

PHYSIOTHERAPY & REHABILITATION

Tel: 98862-72166
dr.singhricha@gmail.com

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