

Mission Physical Therapy

Standing Activities

Avoid the extremes! Everyone knows not to slouch forward (fig. B) but many people will overcorrect into a tense or rigid posture (fig. D). Neither is good. Hanging on your hips (fig. C) isn't good either. Your posture should be relaxed in a position where you'll find you can breathe the deepest (fig A).

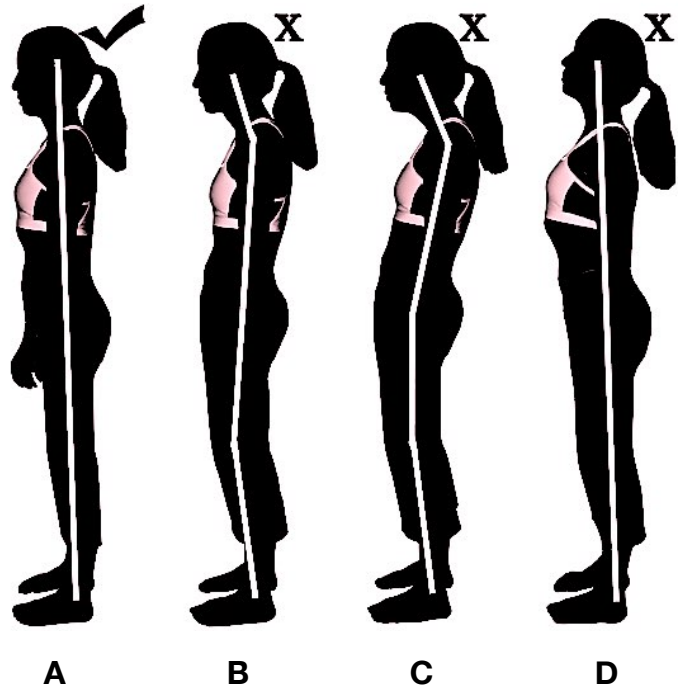
Beginning with your feet, stand in a:

- 60:40 toe to heel weight distribution
- With your knees unlocked
- Your hips slightly behind you
- Your back straight
- Your shoulders down
- And a chin nodded position to relax your neck.

Tools and Opposite Movements

If you believe your posture is great but you are still having trouble, simply sit to take a load off or consider one of these tools every 20-30 minutes:

- Touch your toes
- Seated trunk flexion (put your chest on your knees)



As another effective option, you might also consider standing with a staggered stance having one foot in front of the other as would a boxer or martial artist.