Use Good Posture to Protect Your Neck

When you use good posture, there is less stress on your muscles and joints. If you use good posture as you do activities through the day, you can protect your neck from aches and pains.

**Sitting**
Keep your chin tucked while you are sitting. Use a chair with back and arm supports.

**Driving**
Sit with the seat upright and close enough to the wheel and controls without reaching. Adjust your headrest to the height of your head.

**Standing**
Keep your chin tucked and your low back in a natural position.

**Lifting**
Bend your knees to lift, not your back. Keep the load close to you so you do not need to reach. Avoid fast movements.

**Sleeping**
Keep your neck in a midline position. Avoid sleeping on your stomach.

For more health information, go to patienteducation.osumc.edu, call 614-293-3707 or email health-info@osu.edu.