Good posture is important, especially after surgery, to prevent tight muscles, pain and loss of strength.

**Descriptions of good posture:**

**Sitting**

The three natural curves of your spine should be in balanced alignment. Keeping your ears, shoulders and hips aligned will prevent strain on your lower back. Avoid slouching by sitting with your buttocks against the back of your chair. Shift your position often.

**Standing**

Your ears, shoulders and hips should be level. Your shoulders should be relaxed, and your pelvis should not be tucked in or sticking out, but neutral. Do not lock your knees and your weight should be on the balls of your feet.

**Walking**

Walk tall, using good standing posture.
Tips:

- Use a mirror to see how your body looks and note what adjustments you need to make for good posture. How does it feel?
- Avoid staying in any one single position for long periods.
- Complete your exercises in order to have an adequate range of motion.
- When you have pain, check your posture. Discomfort is often caused by faulty posture.