Posture

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

Descriptions of good posture

Sitting

• There are 3 natural curves in your spine that should be lined up when you are sitting, called aligning your spine. Keeping your ears, shoulders and hips in a line helps prevent strain on your lower back.

• Avoid slouching by sitting with your buttocks against the back of your chair.

• Shift your position often.

Standing

• Keep your ears, shoulders and hips level with the ground, so one is not higher than the other.

• Keep your shoulders relaxed.

• Keep your pelvis in the middle, or neutral, not tucked in or sticking out.

• Do not lock your knees and keep your weight on the balls of your feet.

Walking

• Walk 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.

• Avoid staying in any one position for a long time.

• When you have pain, check your posture. Discomfort is often caused by posture problems.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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