



## *Optimizing Posture*

### **AWARENESS & ALIGNMENT**

Remembering to check in during the day. If you are in a static posture (prolonged standing or sitting) for more than 30 minutes, set your phone alarm to go off every half hour. Take 1 minute to move, breathe, and stretching the areas of your body that have tightened up.

#### **Sitting**

- Find a neutral pelvis sitting position by slumping, then arching, then finding the place in between.
- Both sitz bones should be equally weight bearing.
- Rib cage directly over the pelvis with the shoulder blades resting down the back, allowing the upper trapezius muscles to soften.
- Neck and head lengthen up towards the sky.
- For extra sitting support to maintain a neutral pelvis, sit at the edge (not center) of a towel, which will help keep your pelvis neutral. This is sometimes more important than lumbar support.



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### Standing Posterior Shear

Note the ribcage position is behind the pelvis. This puts excessive force on the front of the hip and throws off the mechanics of breathing.



### Standing Sternal Lift

Sternal (breastbone) elevation is a common postural overcorrection. The mechanics of breathing is altered because of the elongation of the abdominal wall.



### Standing Neutral

Practice obtaining this neutral alignment, with the ribcage aligned over the pelvis. This posture optimizes the relationship between the diaphragm and pelvic floor, avoids excessive shearing forces in the front of the hip, and prevents back pain.



### Standing in Tadasana (Mountain Pose)

- Stand with your feet hip distance apart.
- Feel your weight evenly distributed on the four points of foot: inside and outside of the ball of the foot, inside and outside of the heel.
- Be mindful that the right and left feet are receiving equal weight distribution.
- Stack your pelvis on top of your feet and rib cage on top of the pelvis.
- Shoulder blades rest on the rib cage with ease, allowing the upper trapezius muscles to soften.
- Visualize your head and neck elongating towards the ceiling.
- Imagine there are magnets on the soles of the feet that are pulling the feet into the earth with an opposing, lengthening line of energy thru the top of the head towards the sky.

