

Sleeping Position



The correct pillow should keep your spine straight and your neck in a "neutral" position



HOW CAN A PHYSIOTHERAPIST HELP?

A Physiotherapist can help to improve your posture by:

- Performing a detailed evaluation of your posture, alignment, and muscle balance
- Taking a history of your work, recreational activities and your activities of daily living and the postures you use for each of these
- Teaching you how to strengthen weak muscles and stretch tight muscles and joints
- Teaching you to stabilize joints that move too much
- Teaching you efficient breathing patterns
- Teaching you how to employ the principles of good posture to your work, home and leisure activities

For an assessment of
your posture, alignment,
and muscle balance,

CALL OR VISIT US AT:
www.expertphysio.ca

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604-294-3911**

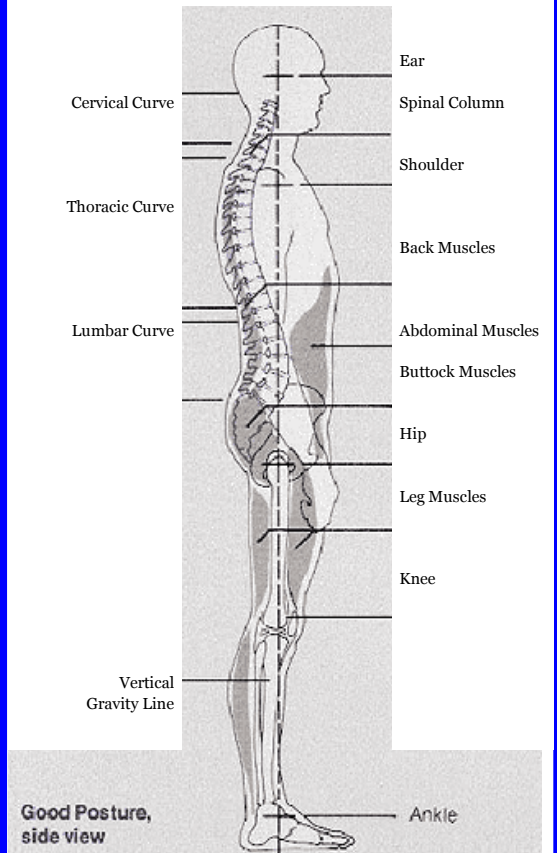


**Eight Rinks
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Our Mission Statement:

Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.

POSTURE



Physiotherapists
Your Body Specialists

POSTURE

Posture refers to the position of your body, whether your body is still and static, or moving and dynamic.

Optimal postural balance in standing is pictured on the front of this brochure. In this position, there is a perfect distribution of the body mass around the centre of gravity such that muscles have to work as little as possible to achieve and maintain postural balance.

Deviations from optimal posture create imbalance and will result in:

- **Muscle Problems**
 - weakness in some muscles
 - tightness in some muscles
- **Joint Problems**
 - restrictions in some joints
 - excessive movement in some joints
- **Altered Breathing Patterns**
 - imbalances may create stresses and pain in both the joints and the soft tissues (eg. tendons, muscles, ligaments) and alter breathing

Deviation from optimal posture and correction are seen in Figure 2.

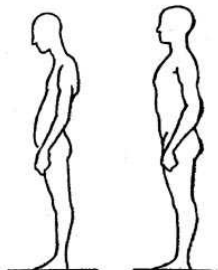
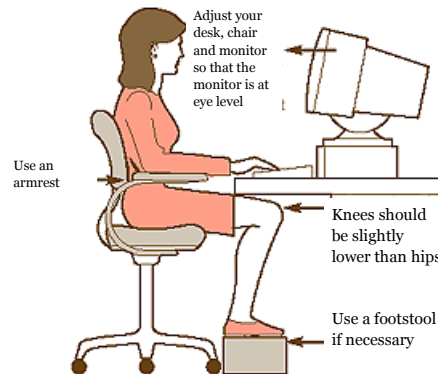


Figure 2

APPLYING THE PRINCIPLES OF GOOD POSTURE:

- **Sitting:** Sitting posture should align the head and spine as seen in the standing posture. This guideline applies to driving, using a computer, reading, or watching T.V. Working surfaces should be at elbow height. Computer screens should be at eye level and facing the user. Reading material should be elevated preferably at eye level. Forward bending should occur at the hips, not in the spine. The knees should be at, or slightly below, the level of the hips. The feet should be flat and well supported.

At Your Workstation



- **Sleeping:** The same principles of alignment of the head and spine as seen in standing also apply to the sleeping posture.
- **Lying on the back:**

Pillows: pillows should maintain the head, neck and the spine in neutral alignment. A single pillow may achieve this position, or two staggered pillows with the upper pillow corners drawn up around the neck may be necessary. Materials may include foam, feathers, water or a combination of these, depending on the needs of the individual.

Legs: Should be supported under the knees with 2 pillows rolled up and taped together, or a bolster, so that the low back is in a neutral position.

- **Lying on the side:**

Pillows: Pillows should maintain the head, neck and spine in neutral alignment. In this position, pillows should be placed between the legs to keep them parallel to one another. A pillow in front of the chest to support the upper arm is useful. A body pillow is good for both leg and arm support. For many persons, rolling up a small towel and placing it between the waistline and the bed may be necessary to keep the spine in a neutral position.