

POOR POSTURE

INCREASED TIME WITH POOR POSTURE CAN LEAD TO PAIN

Simple things, such as sitting at a ball game or your office desk, can cause you to have poor posture where you are slumping and your head's forward. Sustaining these postures can cause stress on your tissues, your tendons which can eventually cause pain. The pain is usually a dull ache or burning sensation. It happens when you are in that posture for a long period of time. When you change posture your body feels better or when you are moving your body feels better, but when you are in that poor posture, you tend to have pain.

SIGNS OF POOR POSTURE

1. Forward head
2. Rounded shoulders
3. Slumping in the back

TYPES OF PAIN CONNECTED TO POOR POSTURE

1. Neck pain
2. Shoulder pain
3. Upper back pain
4. Tension headaches

An easy way to eliminate the pain is to have better posture, but that is easier said than done. A Valir Physical Therapist can give you specific stretches in strengthening areas of your body to help you gain better posture.



So Much More Than Therapy!



405.609.3600
valir.com/physicaltherapy
18 clinics state wide