

Self-Treatment of The Slump Posture

From Craig Liebenson, DC *JOURNAL OF BODYWORK AND MOVEMENT THERAPIES* APRIL 2001

Figure 1: Slumped posture contributes to sternosymphysal syndrome.

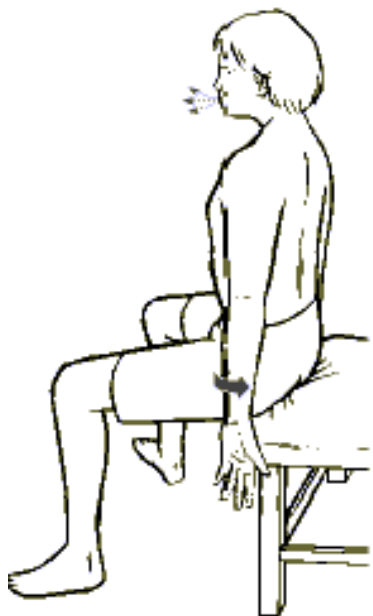


Many of us find that we have become more slumped over than we would like. This can be more than just an unpleasant cosmetic issue, but be a hidden cause of musculoskeletal stress or pain. Conditions such as headache, jaw pain, neck pain, shoulder pain, numbness or tingling in the arms or hands, or shoulder blade pain can all arise without any injury, yet be due to cumulative factors associated with the repetitive strain of poor posture!

Modern society's emphasis on sitting begins to stoop us over even before we are in our 20s. By the time we are working a desk job hunched over for hours on end our bodies ability to adapt or compensate for this is already vanishing. When symptoms have arisen the problem is usually fully established and a program including appropriate postural advice, manual treatment (chiropractic and soft tissue), and self-treatment exercises are needed to help us re-establish a flexible and strong posture. Some very simple exercises are shown here to help you begin to restore a more upright posture.

Your starting position:

- Perch at the edge of your chair
- Turn your feet out slightly
- Have your feet be slightly farther apart than your hips
- Tuck your chin in slightly as if nodding "yes"



The Exercise

- Breathe into your tummy
- Slowly exhale actively by blowing the breath out through your lips while
 - Rotating your arms outwards (palms forward or turned out)
 - Spreading your fingers as far apart as possible
 - Lifting your breastbone slightly

Repetitions: 10

Times Per Day: At least 2x/day

Dr. Clark says... "If these exercises don't seem to help you, then you probably need treatment with the ATM2. The ATM2 is the absolute best way to improve posture that I've ever used. Call us for a free consultation to see if the ATM2 can help you. "

***NOTE: DO NOT BEGIN ANY EXERCISE PROGRAM WITHOUT CONSULTING YOUR PHYSICIAN. THIS INFORMATION IS PURELY ADVISORY AND DOES NOT SUBSTITUTE FOR ACTUAL MEDICAL CARE.**