

HEALTH & WELLNESS NEWSLETTER

May is Posture Awareness Month!

Posture Month is an annual reminder to find out how your posture changed over the last year... **for better or for worse.**

As people spend hours a day bent over a screen and keyboard, the head shifts forward, shoulders rotate in and even breathing patterns are altered as the brain is reprogrammed to perceive tech-neck posture as normal. Creating interoceptive awareness is how we can feel the disconnect between our perception of "good posture" and reality.

Interoception is your brain's perception of your inner body, including the often-unconscious awareness of your heartbeat, digestion, muscles, joints and where you are in space. Your posture is how you hold, carry, and balance your whole body... and it's all connected.

How you hold your body, molds your body.

Awareness

Slouching throws off the alignment of your spine, stressing your muscles and joints while also increasing the risk of back pain. In fact, poor posture may worsen:

- Aging
- Arthritis & Joint Pain
- Breathing
- Stress & Anxiety
- Flexibility
- Energy Levels
- Sleep
- Headaches
- Work Productivity
- Appearance

Staring down at your cell phone places additional stress on your neck, shoulders, and upper back causing pain with repetitive use. In fact, every inch that your head tilts forward, your spine undergoes an additional **10lbs of strain.**



Forget good or bad. Posture is strong or weak, and there's always a path to improvement!

Strong posture is more than standing up straight and requires more than "keeping your shoulders back". To improve posture, you have to strengthen how your body balances and moves.

There is no one perfect posture, however there are better and worse ones. Although many of us automatically assume a military posture when prompted to stop slouching, this posture could actually make your back problems worse.

The American Chiropractic Association (ACA) recommends standing with:

1. Knees slightly bent
2. Feet shoulder-width apart
3. Shoulders pulled down and back
4. Weight on the balls of your feet
5. Belly button pulled in towards spine
6. Head straight and level
7. Earlobes over shoulders



Control

Control your motion to improve your posture. Core strength and great balance are needed for strong posture. It can be the difference between moving with confidence and being unstable risking injury.

Sitting is the 21st century posture. Our bodies are designed to be active, not to sit for hours on end in a folded, cramped position. Your deep core muscles are the first to adapt, atrophy, and weaken your posture over time. Therefore, in order to strengthen your posture, you must strengthen your core muscles.

Good General Core Exercises

PLANKS

DEAD BUGS

BIRD DOGS

GLUTE BRIDGES

Daily Stretching Targets

CHEST

HIP FLEXORS

SHOULDERS

NECK

Environment

Setting up a posture smart environment is the first step towards maintaining a good posture and preventing posture-related injuries down the line.

What You Can Do For Yourself

At Work: *sit strong, but not too long.* Sitting fold your body restricting breathing and circulation, impacting health nearly as much as smoking!

When you must sit, choose a chair that encourages an erect posture. Try a seat support or wedge that supports from beneath by gently tilting the hips forward. Set a reminder to take frequent movement breaks.



At Home: *sleep soundly.* Invest in a supportive mattress that keeps your body aligned, and sleep on your side or back. Side sleepers: a pillow between your knees adds pelvic support. Back sleepers: a contoured pillow can help you breathe easily.

Everywhere: *stand taller with foot support.* Choose footwear for support and comfort. Your feet are the foundation for your posture. Check the soles of your shoes for uneven wear as this can indicate a posture imbalance.

What We Can Do For You

Treatment of Posture Imbalance:

- Joint manipulation to gently restore movement.
- Therapy modalities to ease your muscle tightness, pain and swelling.
- Myofascial release to remove your long-standing tightness.
- Therapeutic stretching to restore your flexibility.

Ergonomic Assessment:

Our practitioners can assess your workstation setup to ensure correct posture and recommend ergonomically sound adjustments to your station (i.e., bringing your monitors up to eye level, getting a new mouse to support your hands and wrists, adjusting your chair to the appropriate height, etc.).

Custom Orthotics Castings:

Our chiropractors will happily perform a foot casting for custom orthotics to be used in running shoes, work shoes, everyday footwear, winter boots, etc. Contact the front desk for more information.

Fennel Asparagus Salad

Ingredients

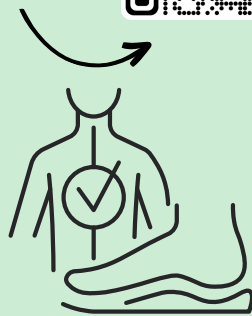
- 1 large leek (white parts only)
- 1/3 cup olive oil (divided)
- 1 large fennel bulb (yielding about 2 cups)
- 4-6 large asparagus stalks (about 1 cup)
- 1 tbsp fresh thyme
- 2 tbsp fresh lemon juice
- 3/4 tsp sea salt
- 1/2 tsp ground black pepper
- 1 tsp ground coriander
- 1/4 cup almonds, lightly toasted
- 1/2-1 avocado, sliced



Directions

1. Thinly slice the tender white part of the leek in half circles. Add 3 tbsp olive oil to a sauté pan on medium heat and add the leeks. Sauté until wilted and just starting to turn golden on the edges, ~6 minutes. Add a pinch of salt to the leeks and set aside to cool.
2. Core and shave the fennel bulb with a mandolin, peeler, or sharp knife, into very thin slices. Slice the asparagus diagonally at similar thickness to the fennel, discarding tough ends.
3. In a large bowl, add thyme, lemon juice, salt, pepper, coriander and whisk in remaining olive oil. Add the sautéed leeks, sliced asparagus and fennel. Toss to thoroughly incorporate dressing.
4. Add avocado slices and toasted almonds to serve.

Join us at PostureMonth.org to follow the month-long Posture Challenge!



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Happy Mother's Day

