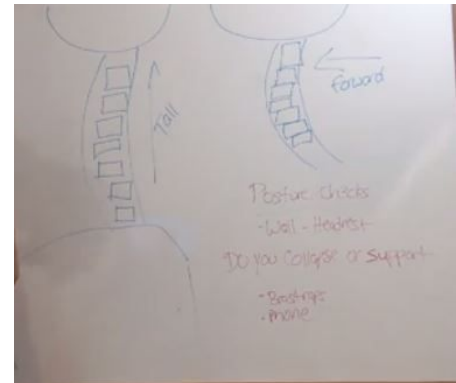


Posture Perfect: Spinal Collapse and Disc Health

Bones do not move themselves. Muscles move bones. Your muscles tell your joints how to align. How your muscles are pulling and supporting, tells these joints where to go. If you collapse forward into a forward head posture, your vertebrae will push together and hurt nerves. If you stay tall and support with muscles in the front, your vertebrae are going to feel nice and supported. How you move your body, determines what shape your neck is in.



Posture Test

Place your fingers on your neck, between your vertebrae. The higher up you go, the more you can feel your vertebrae. If you have had forward head posture for a long time, you may not be able to feel between the vertebrae. Feel your vertebrae as you move into forward head posture, feel how they squish together. Then straighten up tall and feel how there is space. You can feel how the position of your neck changes the support of your disc.

Perk up, standing up tall. Make the effort to pull your head up all day long. Think about this when you're on your computer, or when you're driving. Posture check throughout the day. Make sure your head is up!

Posture Check Through the Day

Back up against a wall, and push your head back. Do this a few times each day. When you're in the car, your head should be on the rest.

Holding your phone

Don't hold your phone between your shoulder and ear. It's ok for a quick time to close the door, or get to the car. But you will suffer major neck pain if you hold your phone with your shoulder while you work all day.

Be aware of what you're doing with your neck all day.

Bra Straps

I know it's funny to be talking about bra straps when we're talking about your neck, but the tighter your straps are, the tighter your neck muscles get. Get great bras that don't have super tight straps. They are much better for your neck and shoulders. Find one

that is as loose as possible on the shoulders, with as much support, which will look different for every woman. Try on several until you find one that is super comfortable.

If you get home and can't wait to take your bra off, it's too tight and it has been hurting your neck and shoulders. You can wear something like that to go for a run, or a special date, but you don't wear something like that all day.

Let's Review

- Having tall posture supports your joints.
- Forward head posture makes you collapse on your joints and kills your neck.
- If you have forward posture you may damage your disc, and possibly get arthritis.
- Bring awareness to your neck and posture all day long.