



#correctyourselfie

Straighten up! Your posture that is. Slouching isn't only bad for your health, it makes you look heavier too.

Improve your selfie and your health by practicing better posture! The more you practice, the less it'll feel awkward. As you develop stronger muscles, good posture and train your body it will feel more natural and become a habit.

Head to Toe Posture Checklist:

Feet

- Feet shoulder width apart
- Toes forward
- Weight evenly distributed on the "foot triangles of support"
- Press feet into the floor

Knees

- "Soft" knees, avoid locking knees

Hips/gluteals

- Perform a kegal
- Pretend you are squeezing a pillow with your inner thigh muscles

Abdomen

- Lengthen the space between the top of your pelvis and bottom of the rib cage
- Draw your belly button in towards your backbone (your pelvis should NOT move)

Chest

- Lift breast bone up

Chin

- Pretend you are being pulled up by the scruff of your neck – lengthen the back of your neck and spine
- Or pretend that you are carrying a grapefruit between your chin and chest

Head

- Lift your head and get your head as far away from the floor as you can
- Pretend you are 2 inches taller

Plumb Lines

Side:

Line travels upwards through ankle, knee, hip, shoulder, and ear. Each body part is lined up over the part below.

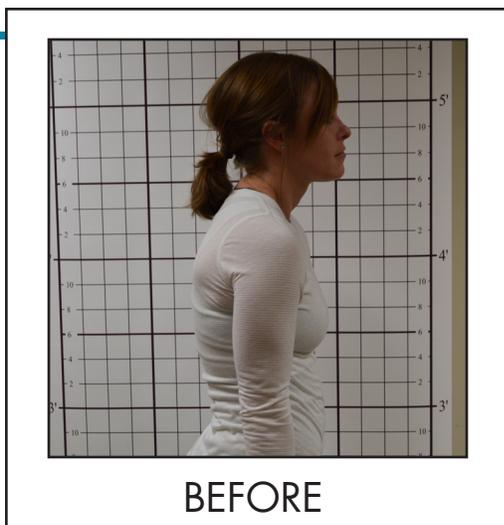
Front to Back:

Line runs up the front of the body from a point between the feet, up between the legs, bisecting the pelvis, running through the belly button and the breastbone and through the middle of the face. The two sides should be symmetrical or very nearly so.

Internal:

Line runs from a point between the arches of your feet, up through the middle of the pelvis, internally along the front of the backbone, through the neck and the middle of your head, exiting out through the crown of your head. Imagine a "tent pole" at the center of your body. Visualize the front, back and sides of your body arranged around this central pole.

Look in a mirror as you practice these plumb line visualizations. As you see changes, feel them too. As you become more aware of your body posture, aligning your body with any of these plumb lines will become more of a natural habit.



Prairie Lakes Rehabilitation Services

Prairie Lakes Healthcare System therapists provide a variety of rehabilitative services to patients of all ages. Our goal is for you to achieve the highest level of function, so you can be more independent and productive in your life. Schedule an appointment with a Physical or Occupational Therapist by calling 605-882-7700.



PRAIRIE LAKES
Healthcare System