



### What is Posture?

- Posture is the constant struggle to remain upright against gravity
- Variety of positions that we use when we eat, drink, breathe, digest, communicate, sleep, move and get involved with the world around us
- If posture is poor, the above actions can be affected
- Posture should be comfortable and not require much effort to maintain

### What affects Posture?

- Gravity
- Muscle tightness
- Base of support/ supporting surface
- Psychological (pain, mood, behaviour)
- Bedding/ clothing
- Deformities
- Sensory problems
- Weight
- Incorrect positioning/ staying in the same position for too long

### What is a Base of Support?

- The contact that parts of the body have with the supporting surface
- Narrow base of support- feet close together when standing
- Wide base of support- feet wide apart when standing (think of a toddler when walking- they have a wide base of support with legs wide apart)

## Bad Posture / Asymmetry



- Pelvis tilted or rotated
- Shoulders tilted
- Spine curved
- Legs fall to one side
- Feet angled



## Effects of Poor Posture

- Contractures – muscles lose elasticity/flexibility, resulting in stiffness and reduced movement in joints
- Discomfort and pain
- Skin damage / pressure sores
- Problems with organs (digestive, breathing and bowels)
- Less able to see or communicate with others (e.g. poor head position when sitting may mean not being able to see as much around them)
- Makes it harder for them to do things they want to do
- Disturbed sleep

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**