

PROVIDING SPECIALISED TREATMENT FOR

- IMPINGEMENT
- ROTATOR CUFF DISEASE
- INSTABILITY
- FROZEN SHOULDER
- OSTEOARTHRITIS
- POSTURAL DYSFUNCTION
- DISLOCATIONS
- FRACTURES
- CARPAL TUNNEL SYNDROME
- DE QUERVAIN'S TENOSYNOVITIS
- MALLET FINGER
- TENDON INJURIES
- OVERUSE INJURIES
- PLUS GENERAL PHYSIOTHERAPY

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POSTURAL DYSFUNCTION

Information Brochure

WHAT IS POSTURAL DYSFUNCTION?

Posture refers to the position of the body as a whole. Having good posture means that your neck, torso, pelvis, arms and legs remain aligned around the natural curvature of the spine when you are moving around, sitting or standing. Postural dysfunction occurs when your spine's 'neutral' position is not maintained when your body moves or is in a certain position. Over time, postural dysfunction results in compensatory movements/positions being utilised so the body becomes unbalanced and larger muscles are overused.

Common signs of postural dysfunction include:

- Bent knees when standing or walking
- A tilted pelvis
- A tummy that sticks out
- Rounded shoulders, or one shoulder that sits higher than the other
- Head 'poked' forwards

Common symptoms of postural dysfunction include:

- Headaches
- Low back pain
- Neck pain
- Joint dysfunction
- Difficulty breathing
- Pins and needles



TREATMENT FOR POSTURAL DYSFUNCTION

Postural dysfunction can be improved by making adjustments to your posture throughout the day, as well as by performing specific exercises to correct poor muscle strength and flexibility.

The more you understand about your posture, the more you can improve it.

Things to remember about posture:

- Exercise regularly to improve muscle strength and tone
- Avoid prolonged sitting or standing, or repetitive tasks
- Use your legs when bending to pick up items, rather than bending your back
- Avoid sitting in soft, 'cushy' chairs

Particular exercises can be performed daily to address muscle imbalance, which can be guided by your physiotherapist. Your physiotherapist will determine which muscles are weak and contributing to your poor posture so that you know which exercises will be effective for you.

Another effective means of improving overall posture is Pilates, which addresses core stability, muscle flexibility and stronger postural muscles.

