

## Improving spinal posture

We know from research that within a few weeks abnormal curves of the spine or abnormal joint position begins to affect the cartilage adversely and osteoarthritis will develop over time even though it may not be visible on the X-Rays yet.

To minimise abnormal stresses on the joints a correct alignment is essential. The two most common postural problems are loss of the lower back and neck curvatures.

## Posture Correcting Exercises

If you have been diagnosed with an abnormal spinal posture the following exercises, which have been developed to help improve and restore the correct posture are likely to help you.

At **best practice chiropractic** our purpose is to help as many families as possible achieve optimal health by providing advice, giving chiropractic treatment and encourage a physically active life.

A dedicated strategy to ensure achieving the best possible joint and muscle function throughout life, can minimise the development of osteoarthritis, and reduce the implications of the disease.

# IMPROVING SPINAL POSTURE



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## Lower Back Stretch (once a day)

Hold each position for 30 seconds repeat for four sets.



Normal lower back



Straight lower back

## Neck Stretch (once a day)

### Phase 1 – (4 weeks)

Lie on the edge of a bed or a step with a ½ litre Coke bottle on the edge and the head hanging over the edge. Stay there for 5-10 minutes attempting to fully relax.

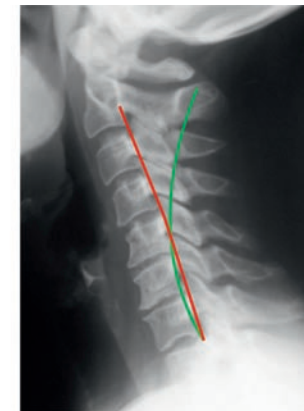


### Phase 2 - (6 to 9 months)

The second phase is to remove the bottle and let the head hang over the edge. Stay there for 5-10 minutes relaxing completely.



Normal Neck Curve



Straight neck

A degree of discomfort is expected during and after the stretches as the postures you are trying to improve initially will be challenging. The discomfort will gradually disappear as you get used to the stretch.

If you suffer from low blood pressure or feel giddy following the neck stretch do not get up immediately. Return to a position where the head is level with the body and stay there for a minute or two before rolling onto your side to get up.

If you have any questions you can ask your chiropractor or spinal rehabilitation practitioner.