

Pick up posture tips

from a
Physiotherapist
and Ergonomist



What's an ergonomist?

We design and try to ensure that systems, products and workplaces are well-designed to suit:



Human anatomy



Abilities



Thought processes

We aim to help people to be productive, comfortable and safe.

So let's meet Katharine Metters, Lead Consultant in Ergonomics at Posturite and Member of the Chartered Society of Physiotherapy, and she'll answer some common questions...

Should we try to 'sit up straight' to improve our posture?

Not really, because your back isn't straight - it has curves to it. From the side, we are curvy! However, we don't want to be slouchers.

'Sitting up straight' generally sounds like hard work. We don't want you to be working hard at your posture!

Let's let the equipment do the work and take the strain.

It's good for you to be in supported working postures, rather than maintaining a single posture.



I don't advise trying to be 100% 'upright' when you sit.

You want to be just slightly off upright, so you are supported and the backrest can transfer some of your weight down through the chair.

Is it a good idea to 'put our shoulders back'?

I think it's more of an opening of top of the chest, and shoulders above hips, rather than a forcing back of the shoulders. Try to visualise that feeling of opening.

What is posture anyway?

The NHS says: 'Your posture is your position when you are sitting, standing, lying or moving over every 24 hour period.'¹

Other definitions of posture talk about 'holding your body erect against gravity' which sounds like hard work to me, whereas good posture means **working to your body's balance and strengths**.

NHS Scotland says:

If you lie, sit and stand well, and move your body often, you will be taking care of your posture.

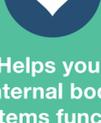
What will the result be?



Helps avoid pain



Helps avoid muscle changes



Helps your internal body systems function the best that they can



Less fatigue

I'd encourage you to move frequently when you stand and sit, because moving is a very important aspect of looking after your back.

The human spine allows us to be fast, strong and agile.

The problems start when we stop being active and ask our bodies to work to support us in one position.

Stand up and move often. Stretching our muscles and loading our bones is generally good for us.

600
muscles in our bodies help us move

Does posture affect wellbeing too?

Yes, it certainly does for me.

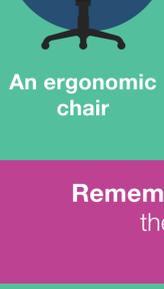
I feel more confident, happier and more active if I avoid slouching and hunching.

What I'd love people to focus on is achieving a **series of good postures** – not just one.

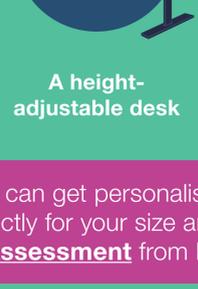
It is important to remember that there are postures that are more desirable for certain tasks.

Can furniture support my posture?

Get the feelgood factor while you're working AND prevent pain with:



An ergonomic chair



A height-adjustable desk



A laptop stand or monitor arm

Remember! You can get personalised help to position these correctly for your size and shape in a **DSE Assessment** from Posturite

What's next?

Explore the ergonomic equipment available in the [posturite.co.uk](https://www.posturite.co.uk) online shop:

Supportive chairs, monitor arms, laptop stands, compact keyboards, sit-stand desks, document holders, headsets and more.

For support with musculoskeletal issues, contact the Posturite team for an assessment or advice.

¹ From 'Your posture matters' by NHS Education for Scotland