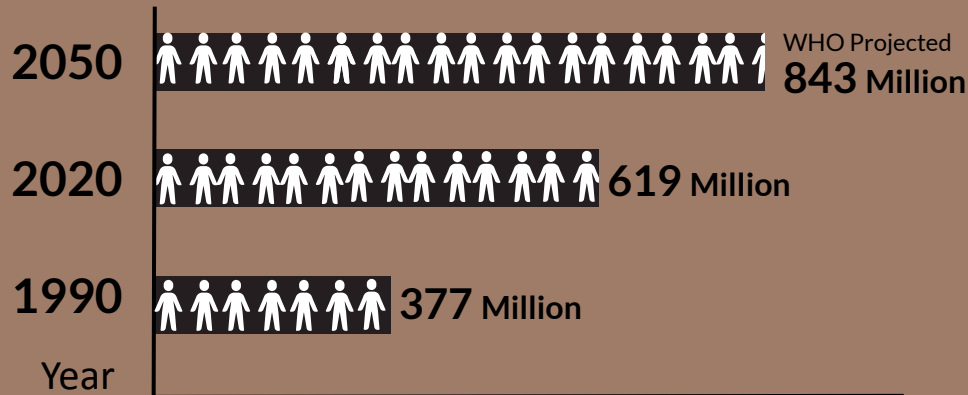


**33% of all  
work-related injuries  
are caused by  
incorrect posture**



**Lives altered by  
Back Pain worldwide**

Posture related issues have been around for as long as humans have been on this planet but they have increase exponentially since WWII and the birth of the industrial revolution and our modern lifestyle.

According to the Bureau of Labor Statistics, 33% of all work-related injuries are caused by poor posture, affecting countless lives and costing companies billions every year.

Lives that have been altered by posture related back pain has increased 54% in the last 30 years alone. The WHO projects that over 843 million people will suffer from life changing back pain by the year 2050. I find this alarming.

Muscles that function correctly and move our joints correctly is a big deal. How your body moves matters & there is something you can do about it.

# Posture

Body driven: *muscles functioning* and maintaining good joint position.



# Ergonomics

Gadget driven: setting up the space to *hold* us in better positions.



Design by Freepik

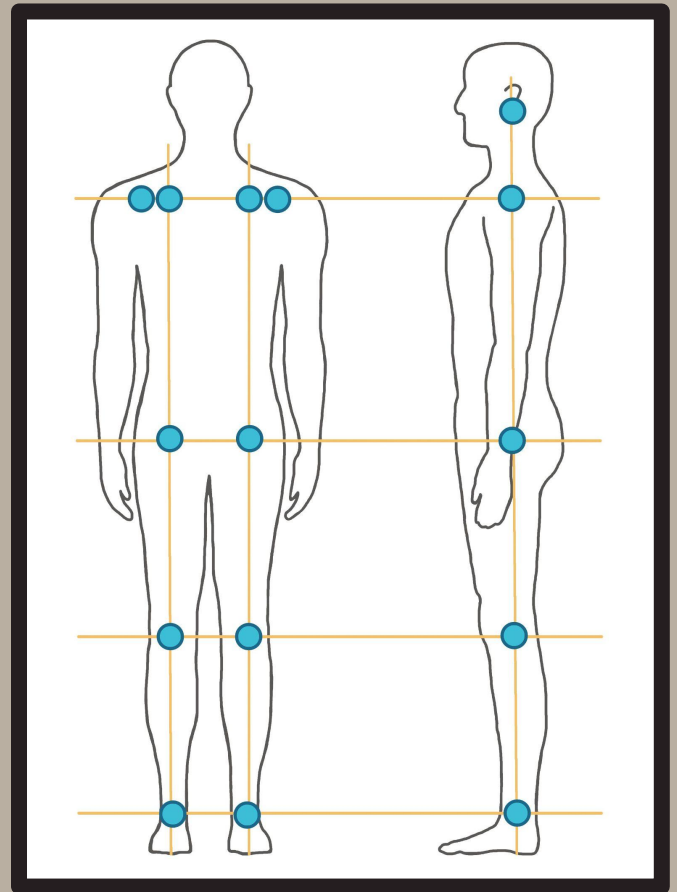
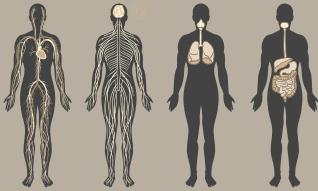
**When say *posture* I am referring to the ability of your muscles to hold your joints in correct positions while you are in a state of rest & the ability of your muscles to move you in and out of all positions in a functional way. Bones go where muscles tell them to go. Therefore, posture is body driven with muscles doing the work to maintain healthy positions and movement patterns.**

**When I say *ergonomics* I am referring to the use of gadgets and props to set up your body in the best way possible to hold your joints in the correct position for long periods of time. Therefore ergonomics is gadget driven, setting up your space to hold you in better positions without muscle engagement.**

**The goal of both posture & ergonomics is to optimize all your body positions and movements to enhance the function of every system in the body.**

# Nature's Design

- Amazing healing machines
- Correct muscle function
- 8 load-bearing joints vertically stacked on horizontal lines
- Designed to move

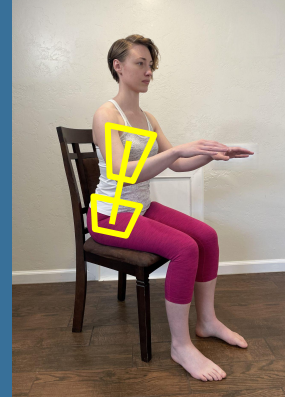
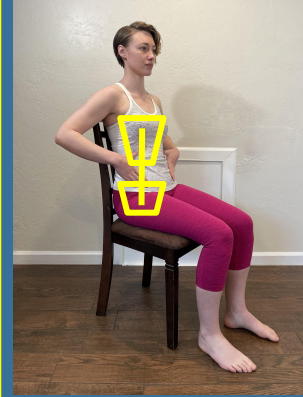
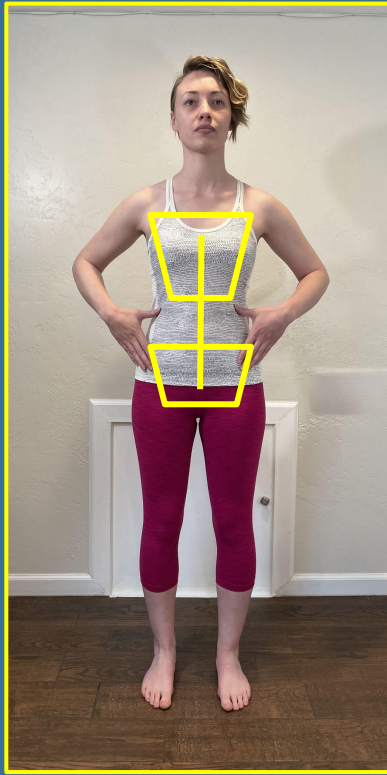
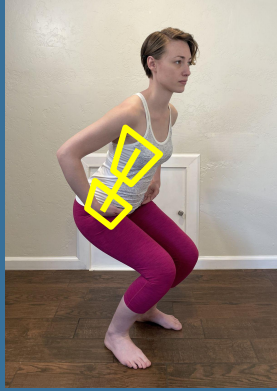
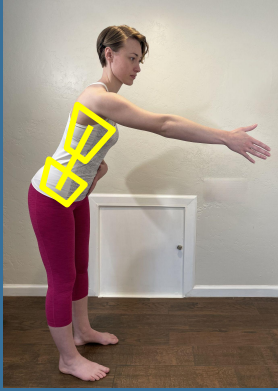


We all have the same natural design.

- Our bodies are made to heal.
- We have pairs of muscles that should work in a balanced way. And our bones go where our muscles tell them to go.
- We have 8 load-bearing joints: shoulders, hips, knees and ankles.
- Our bodies are designed to move regularly *and* to move in and out of all positions in a functional way.
- Every System in the body requires movement to function properly. Movement is a biological necessity. It's not just about posture but about whole body health.

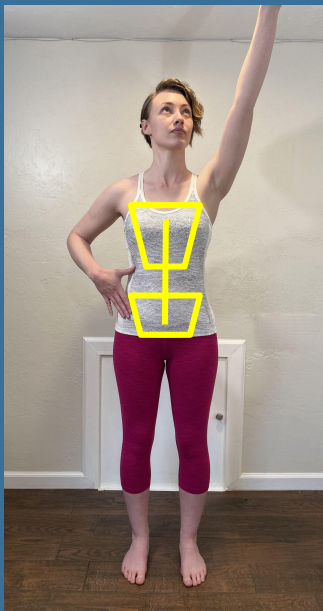
Although we all have the same design, we are each unique in how our body chooses to do uneven tasks and the incorrect patterns of movement our body chooses to make habits.

# The Fountain

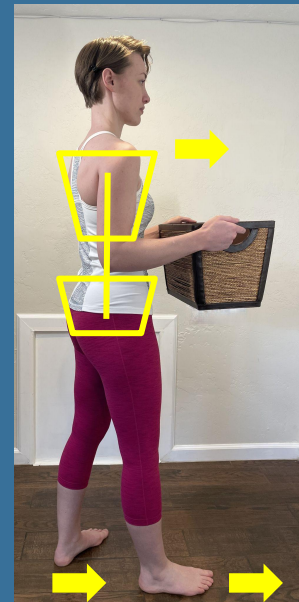
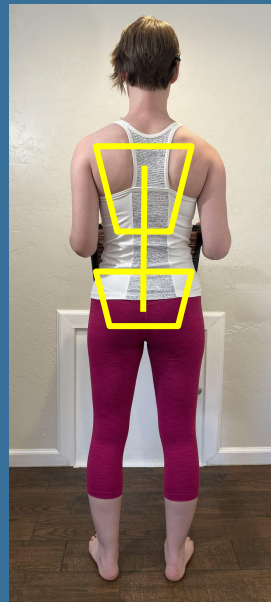


Bend/Hinge

In a chair



Reach



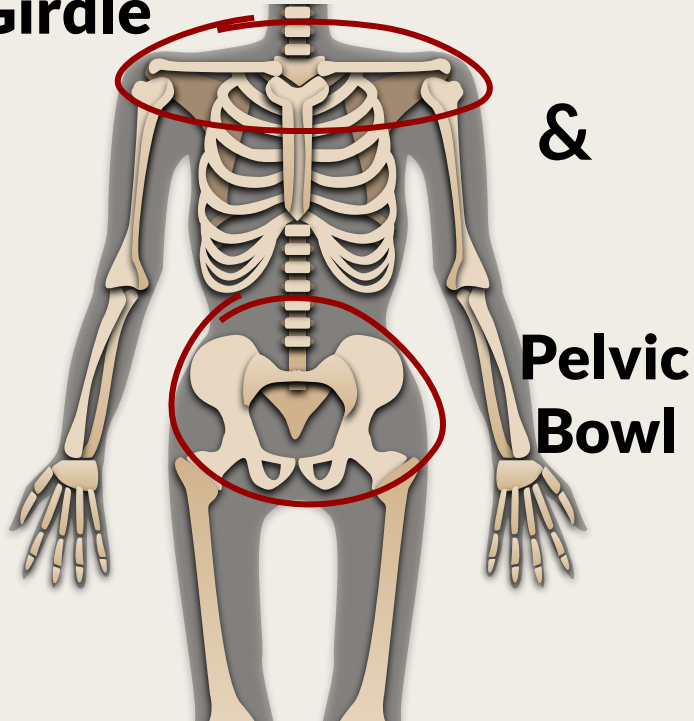
Turn/Pivot

A healthy working posture has the pelvis and rib cage stacked vertically, like two bowls that are stacked over each other, like a fountain. It's okay for this fountain to lean, keeping these bowls level relative to each other. When we move, our movements should originate from our hips and shoulders first with the spine bending as a secondary mover, if needed.



Optimize the position  
of your...

**Shoulder  
Girdle**



**Pelvic  
Bowl**

It's *more* about the  
**amount** of



in the ***SAME*** position.

Move  
More

&

Posture  
Awareness

The goal of both posture and ergonomics is to optimize the position of your pelvic bowl and shoulder girdle.

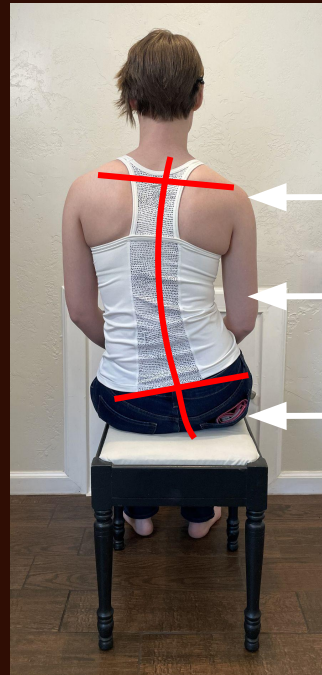
The new fad is to ditch your chair for a standing desk. Standing desks do have benefits, but the answer is not to change one stationary position for another. **It is less about the position and more about the amount of time spent in the same position.**

**Our body adapts to the positions we spend the most time in.** It's up to you to have some basic awareness of your posture, rethink your body positions, and add more movement throughout your day for a healthier body and to reduce the risk of injury.

For those of you who experience whole body vibrations, using ergonomic gadgets to help reduce the vibration will also protect your body from long-term vibration injuries.

## Sitting on wallet

Don't forget to check your pockets. Just like ergonomic gadgets that correct posture alignment, sitting with items in your pockets will do the opposite and misalign your spine. Items in back pockets cause an uneven pelvis. Items in front pockets restrict bending at your hip creases.



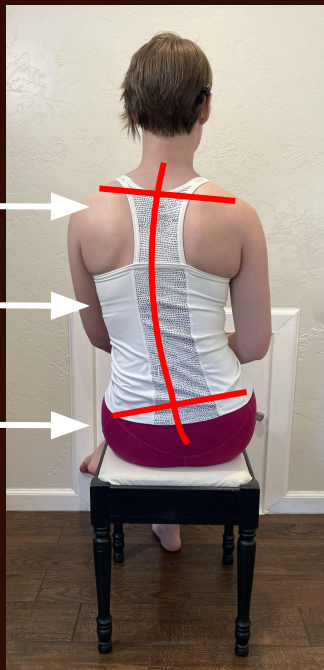
Uneven shoulders

Strained spine

Uneven hips

## Crossing the same leg

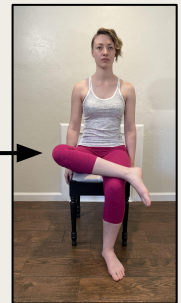
Uneven shoulders  
Strained spine  
Uneven hips



To cross or not to cross... such a good question.



Hip opener, stretch, outer hip exercise

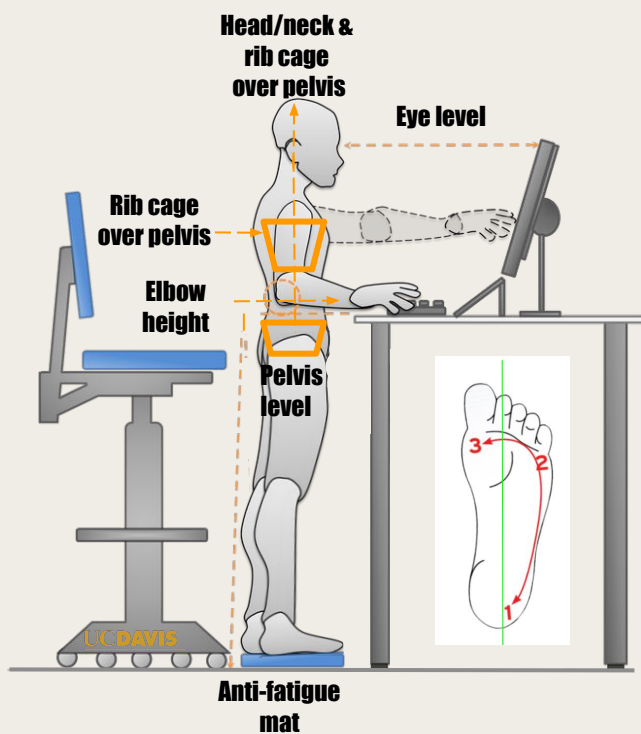


No strain



Overstretching ligaments

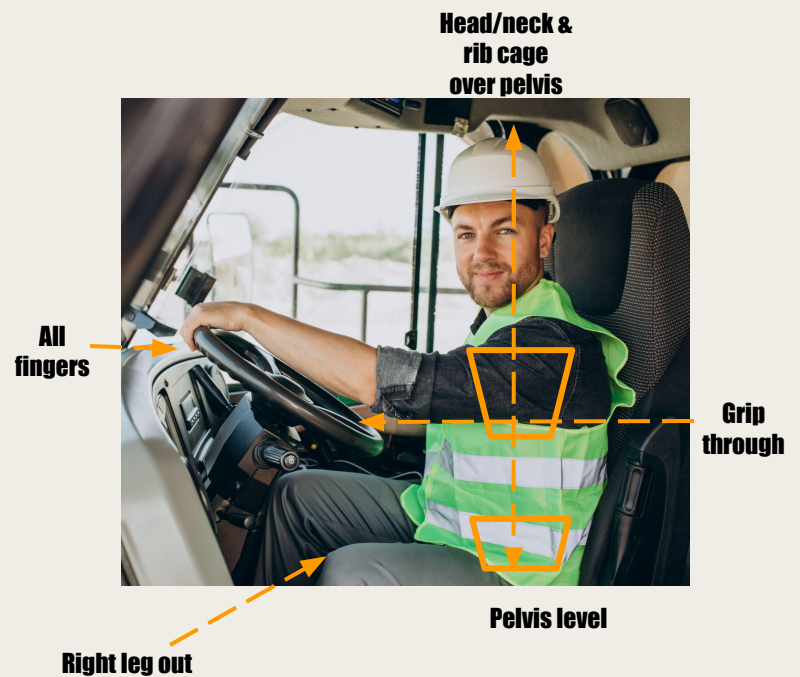
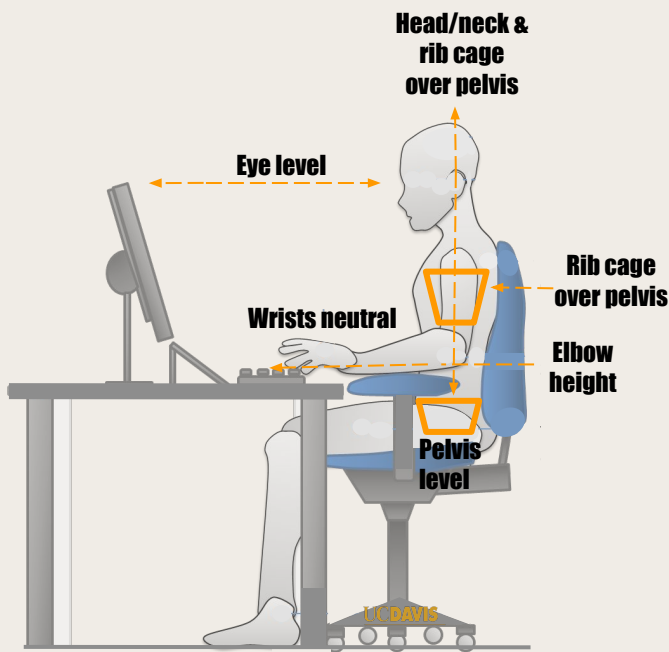




Design by Freepik

- Find your tripod foot.
- Unlock your knee caps.
- Find your fountain.
- Knees facing forward.
- Change/shift your position regularly.
- Our spine is considered a secondary mover.
- Don't twist while under load. Turn and pivot with your feet.
- Take our body to the load.
- Keep objects you carry close to your body.
- When carrying a load, think about your bridge and lever. Add extra supports like a staggered stance.
- Notice where you carry the weight. Should be mostly in the lower body, not your low back.
- Carry loads between your waist and shoulders.
- If you are straining, then the load is too heavy. Vary the carry or get some assistance.



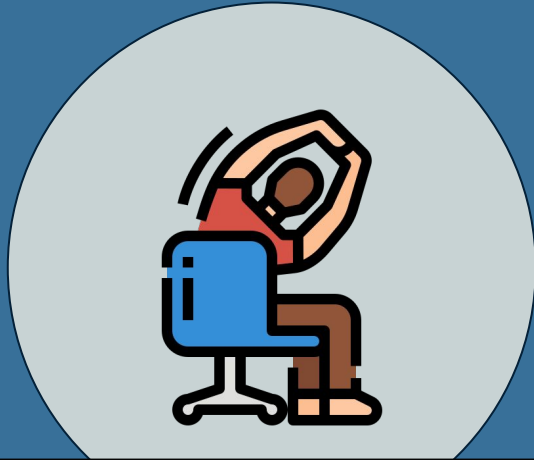


Design by Freepik

- Find your fountain
- Sit your bum way back in the seat
- Change your position regularly
- **DON'T:** Sit on your tailbone, collapse your ribs downward, round your shoulders forward, strain your head forward

### When Driving:

1. Rest your right leg a little towards the right so when you use the pedals your leg rotates inward.
2. Grip the steering wheel by coming through, leading with your pinky fingers. Use all your fingers to grip the wheel.
3. If your equipment requires you to climb down or step down, exit backwards.



# Move More

**Move Away**

**At Your Workstation**

**Unwinding Movements**

**Have a healthier body at your workplace and prevent injury  
by moving more throughout your day.**

Our bodies are made to move and every system in the body requires movement to function properly. For example: our heart was never meant to pump our blood by itself, our calves are considered our second heart and our body needs our calves to move so they can send the blood back to our heart.

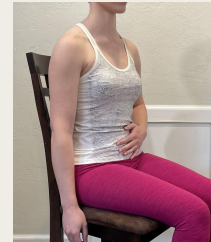
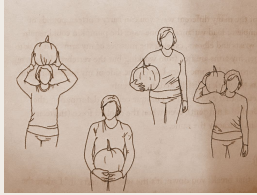
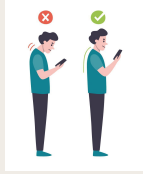
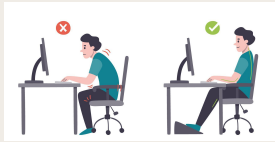
Movement is the only way we lubricate our joints & our body only sends lubrications to moving joints.

Dried out joints are an injury waiting to happen.

Our body wants to move about every 20-30 mins.

Notice when you get fidgety and move, even just a little. Changing positions provides feedback to the brain that it's safe, this is good, and we don't have to stay locked in one position.

## Change It Up

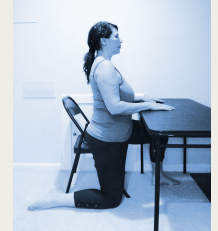
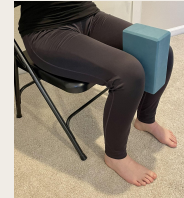
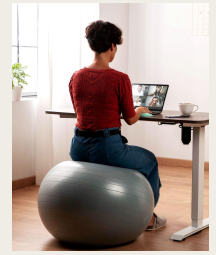


Design by Freepik  
Nutritious Movement

## At Your Workstation



## Passive



- Go for a walk
- Change positions
- Relocate to another workstation
- Reset your fountain
- Reset your shoulder position
- Reset your steering wheel hold
- Reset your tripod foot
- Engage your core
- Vary your carry
- Shift your weight
- Switch legs
- Scoot your bum way back into the seat
- Do some exercises/stretches
- Exercise at your workstation while you work
- Use passive movement ergonomics