

## CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS

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## PROPER POSTURE

### ➤ **POSTURE AND BODY MECHANICS CONSIDERATIONS** • Cervical

#### Strain and Sprain

Maintaining the most appropriate posture and using correct body mechanics can have a significant effect on neck pain. The following are basic suggestions regarding proper posture and body mechanics. These should be specifically discussed with your physician, physical therapist, or athletic trainer. Please remember:

- Good posture minimizes the stress and strain on any portion of your spine.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer.
- Incorporate these exercises and posture principles into all of your daily and recreational activities.



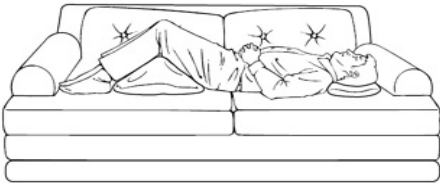
### **PROLONGED STANDING IN SLIGHT FLEXION**

When you must stand in a position that requires a prolonged period of time and slight flexion, consider finding a foot stool or other object to place one foot on. This will assist in minimizing the load on your back.



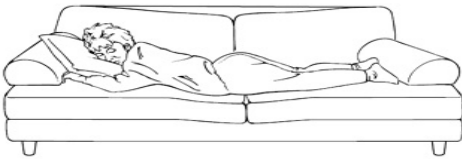
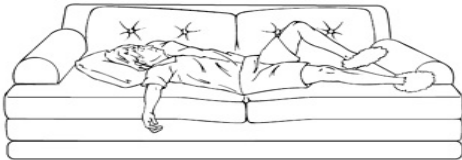
## **SLOUCHING**

Avoid slouching when you walk or stand. Stand up straight. Walk erect and tall.



## **CORRECT REST POSTURES**

Find a position of comfort on a surface firm enough to support your body weight. The most commonly suggested positions are sidelying with a pillow between your knees or on your back with a pillow under your knees.



## **INCORRECT REST POSTURES**

Make sure that you have good support; this will minimize the chance of prolonged postural stress on your spine.



## **WORK STATION**

1. When sitting at a desk or work station make sure you attempt to do the following:
2. Have an adjustable-height chair. It is critical that your feet touch the floor. If this is not possible because of chair and/or desk height, obtain a foot rest.
3. Make sure that your chair can fit under the desk and you can pull as close to your work surface as you need to.
4. Avoid slouching. Use a lumbar roll/cushion/pillow behind your low back.
5. Make sure that your work surface is the appropriate height.