



SAFETY FIRST

Proper Sitting and Standing Posture – Improper posture can create many types of back pain. The spine has three natural curves, one in the neck, one in the mid back, and one in the low back. It is important to maintain these curves so the body stays “stacked up” properly. When an improper posture is maintained for extended periods of time the muscles can become weak and fatigued, resulting in burning or sharp pain, headaches, as well as muscle spasms. Some muscle groups become overstretched while other muscle groups become shortened. The ligaments (tough cord like tissue that provides stability for the spine) also can become irritated with improper posture, resulting in back aches and stiffness.