

GOOD SITTING POSTURE CAN HELP

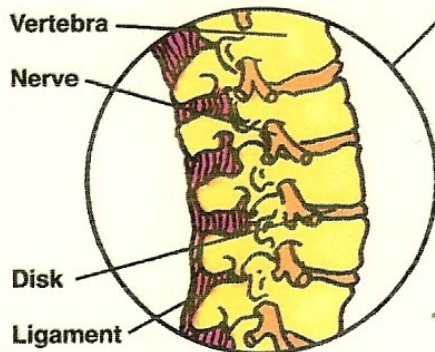
Your spine (backbone) has **three natural curves**. When all three curves are **aligned**, your ears, shoulders, and hips are in a straight line. This is good sitting posture because it allows your back to balance your weight properly. Slouching, on the other hand, throws your weight out of balance. This causes excess pressure (**strain**) on your back. The result can be a tired, stiff back, or even injury.

Three Natural Curves

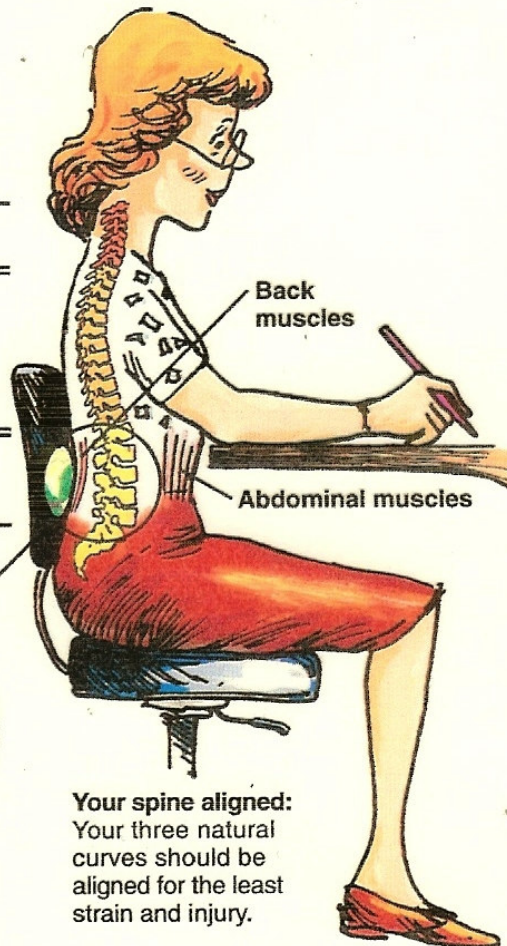
Cervical Curve

Thoracic Curve

Lumbar Curve



Your lumbar curve, which bears most of the strain of sitting, needs constant support.



Your spine aligned: Your three natural curves should be aligned for the least strain and injury.

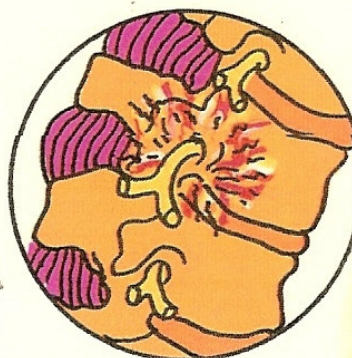
Good Sitting Posture

Good sitting posture allows your back to do its job of supporting you. Try to keep your spine's three curves aligned. Pay special attention to your lumbar curve, which bears most of the strain of sitting. Listed below are the parts of your back:

- **Vertebrae** are the bones of your spine. They protect your spinal **nerves** and help support your back.
- **Disks** are the pads of cartilage between vertebrae. They help cushion the stress of sitting.
- **Ligaments** are tough bands of tissue that connect your vertebrae.
- **Abdominal and back muscles** help you hold your back upright and maintain your three curves.

Slouching Starts a Chain Reaction

When you slouch a lot, your back muscles may get too tired to support you. So they relax and make the ligaments along your spine do the work. Your ligaments can then stretch too much to support you. This puts pressure on your vertebrae, disks, and nerves, which may lead to more pain, disk damage, and back injury.



After prolonged slouching, weak ligaments can become fatigued, which puts pressure on disks and nerves.

