

## PERSONAL MANAGEMENT PLAN

Personal Development – Informed Choices – Self-Management

**Goal:** To improve posture balance – movement control

### What is posture?

A posture is determined and maintained by coordination of various muscles that move the limbs, by proprioception, and by the sense of balance.

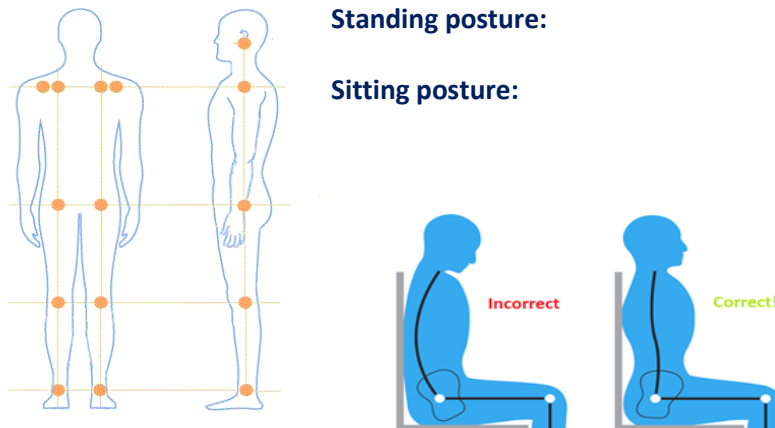
### What is posture control?

Posture refers to the position of the body or the way in which it is held. It requires energy to overcome gravity. Without this energy, the body becomes limp and is not able to sustain correct alignment - it cannot remain in a position of good posture.

**Good posture** means positioning the body in good body alignment and good balance. In this position, the body systems can work more effectively without undue strain.

*For example,* slouching when sitting or standing restricts efficient functioning of the lungs, and produces skeletal strain, which leads to other problems.

### POSTURE ASSESSMENT



Standing posture:

Sitting posture:

## Posture Stability

### Good posture in standing

- Keep the feet parallel and slightly apart. Distribute body weight equally on both feet to enable the body a good base of support.
- Bend the knees slightly to prevent the strain of “locked knees”. This position acts as a shock absorber for the entire body.
- Pull in the buttocks and hold the abdomen in and up. It will help to keep the back straight and holds the spine in good alignment. This position supports the abdominal organs and reduces the strain on low back and abdominal muscles.
- Hold the chest up, keep the shoulders down and slightly back. This position enables internal organs such as the lungs to work effectively.
- Hold the head up with the face forward and the chin-in slightly to balance your head at the top of the spine. This position helps to maintain the spine in good alignment and prevents curvature in the neck area.

### Good posture in sitting

- A good sitting position is like the one described for standing. The buttocks and upper thighs become the base of support on the chair and the knees are bent.
- The legs should not be crossed at the knees when sitting because that position affects the circulation of blood.
- The area under the knees should rest at the base of the chair (deep sitting).

### Good posture in lying down

- Position in lying down should enable the muscles to relax when resting or sleeping. Unless the parts of the body are appropriately supported, the body responds to the gravity effects, which places undue strain to its tissues.

### The principle of body mechanics – movement control

- Use the largest and strongest muscles to provide the energy needed to perform the task e.g. large muscular groups in the arms, legs and hips. Smaller and weaker muscles will strain and injure quickly if forced to work beyond their ability. One of the most common injuries affects the muscles in the lower back.