

## Steps to good posture

It is important to use good posture when learning at home. This will help you get rid of pain or have less pain.

### What is good posture?

Good posture is the best way to line up your head, shoulders, back, and hips. This causes the least amount of strain on your joints and muscles. Sitting with proper posture throughout your day can:

- Decrease pain in your neck and back.
- Improve breathing.
- Improve focus.
- Improve energy.

To use good posture:

- Sit in a comfortable chair with your feet flat on the floor. Put a box or step under your feet if they do not reach the floor.
- Keep your monitor at eye level.
- Use an external keyboard and mouse. Support your arms and elbows.
- To protect your vision, use the 20-20-20 rule: Every 20 minutes, take 20 seconds to look 20 feet away.
- Take breaks every 30 to 60 minutes. Put your screen away and move your body!



### Exercises to help posture and decrease pain:

- Pectoralis stretch



- Stand facing a corner.
- Place your forearms flat on the wall on each side of the corner. Keep your elbows below shoulder height.
- Lean forward until you feel a gentle stretch in the front of your shoulders.
- Hold this for 60 seconds.

- Bridge

- Lie on your back. Rest your arms at your sides. Keep your legs bent at the knees and your feet flat on the ground.
- Squeeze your stomach and butt muscles. Lift your hips off the floor into a bridge position. Hold 3 seconds.
- Repeat 10 to 20 times.



- Plank

- Lie on your belly.
- Keep your elbows directly under your shoulders.
- Tighten your stomach muscles and lift your hips and legs up into a plank position.
- Squeeze your leg and butt muscles. Hold this position up to 60 seconds.



- Alligator chomps

- Sit tall. Hold your arms straight in front of you with your palms together.
- Keeping your elbows straight, slowly open your arms as wide as you can and bring them together (imagine your arms are like an alligator's mouth).
- Make sure your shoulders stay down away from your ears.
- If this is too easy, hold a soup can in each hand as you open and close.
- Do this 10 to 20 times.

### What should I do if I have back or neck pain?

Follow-up with your primary care provider. They may want you to see a physical therapist.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**