

Standing Ergonomics

Dr. Michael Webb / Tri-State Health Care & Associates

Standing Posture - Maintaining the natural curve of your spine when standing will allow you to have “good posture”

- Keep your head directly over your shoulders and your shoulders over your pelvis.
- Tighten your abdominal muscles and tuck in your bottom.
- It will help if you place your feet slightly apart with one foot in front of the other and knees bent just a little bit.

Although this posture may feel strange at first, you will get used to it and pretty soon it will feel natural.

One Foot Up - When standing it's best to spread the feet at shoulder width and put equal weight on each foot. However, with extended standing if there is a cabinet bottom or ledge behind the counter where you stand, you can temporarily put one foot up on the edge, switching feet from time to time and also standing on both feet evenly, to reduce distress to the low back.

Rise on toes - With your feet at shoulder width and your weight placed evenly on each foot, slowly rise on your toes lifting your heels from the floor. This will contract the muscles of the leg which will not only exercise the muscles but will facilitate the return of blood to your heart.

Flat footed squat - If struck by a back pain or spasm in the low back with extended standing, put your feet at shoulder width, bend your knees, squat down to the floor rocking back on your heels and find the center of gravity. You should experience relief.

Rubber Mat - If you stand on a concrete floor for extended periods of time, a rubber mat will ease the stress on your legs and spine.



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