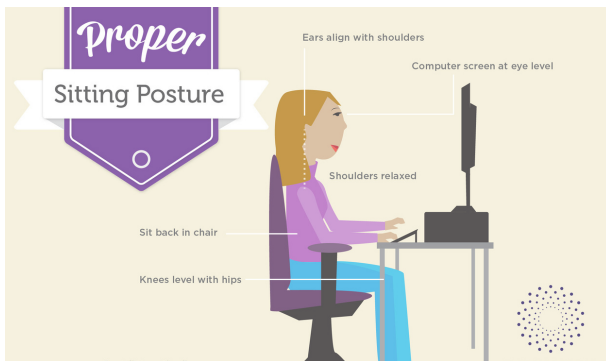


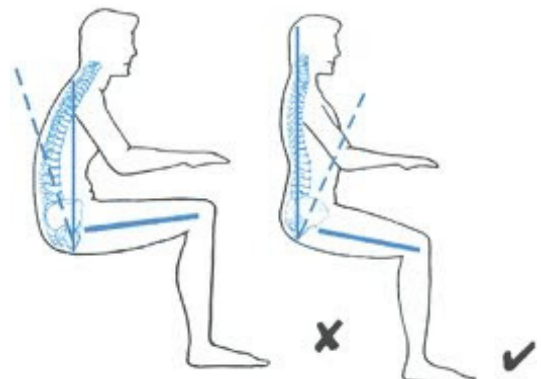
Handy Tips to Help Improve Your Posture

1. Consider purchasing a lumbar roll for your car and office chair - this will promote normal alignment of the lower back when sitting.



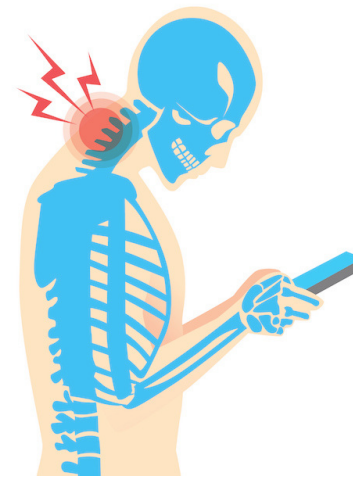
2. Spend some time setting up your workstation. Check out this simple Graphic from The University of Washington.

3. Keep your ears in line with your shoulders when sitting.



Handy Tips to Help Improve Your Posture

4. When using your phone, try to avoid the need to bend your neck forwards by holding the phone up slightly higher. This will bring the weight of the head back over the body and reduce the strain on the neck and upper back muscles.



5. Take half hourly pause breaks to stretch and practice setting yourself up in a good posture to begin work again. Walking on your lunch hour for 15-20 minutes is also an excellent way to stretch out the joints and muscles to give them a break from sustained sitting. It's also a great way to add some exercise into your day

Altona

Cnr Leisure & Mills St
Altona 3025
P: 9392 2288
altona@symmetryphysio.com.au

Altona Meadows

329 Queen Street
Altona Meadows 3028
P: 9360 9744
altonameadows@symmetryphysio.com.au

Port Melbourne

101 Beach Road
Port Melbourne 3207
P: 9645 2183
portmelbourne@symmetryphysio.com.au

Hoppers Crossing

333 Old Geelong Road
Hoppers Crossing 3029
P: 9369 4999
hoppers@symmetryphysio.com.au

Tarneit

412 Derimut Road
Tarneit 3029
P: 8742 2088
tarneit@symmetryphysio.com.au

Taylors Lakes

1/900 Old Calder Hwy
Keilor 3038
P: 9390 8488
taylors@symmetryphysio.com.au