



POSTURE

FOR A HEALTHY BACK

By Vivek Sharma



Industrialized society is transforming into an information processing society in which more employees are transacting business while sitting for long period of time. With the advent of the information processing age, it is becoming increasingly clear that there is a significant mismatch between people and the furniture in their working environments, as is evident from the increasing numbers of employees suffering from chronic back pain. Not just pain, bad sitting posture leads to abuse of neck and arms. Spine is strong and flexible structure, which supports our body and helps us attain different posture. Backache, due to posture, is commonly produced in any one who attempts to do work which compels bending of the back forward. Until such time as the individual develops adaptation to this position there will be sensitiveness at those points in the spinal column which endure the greatest strain. The strain thus produced may affect the extensor muscles of the back, or in case the posture is such as puts strain on ligaments, there will be hyper aesthetic points directly on the vertebral spinous processes where the supraspinous ligaments attach.

The time to take care of low back pain problems is before they occur. The “ounce of prevention is worth a pound cure” philosophy holds when it comes to low back pain. This implies if we simply correct the posture in different situations, we can prevent backache. Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit, and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities. Proper Posture:

1. Keeps bones and joints in the correct alignment so that muscles are being used properly.
2. Helps decrease the abnormal wearing of joints surface that could result in arthritis.
3. Decrease the stress on the ligaments holding the joints of the spine together.
4. Prevents the spine from becoming fixed in abnormal positions
5. Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
6. Prevents strain or overuse problems.
7. Prevents backache and muscular pain.