



# Dr Sai Viksheth Raj B

SPINE AND SCOLIOSIS SPECIALIST

## Improving Your Posture At Home

Use a lumbar support pillow to prevent slouching and alleviate back strain.

Good lumbar support relieves pressure on your spine, muscles, and joints and prevents pain.

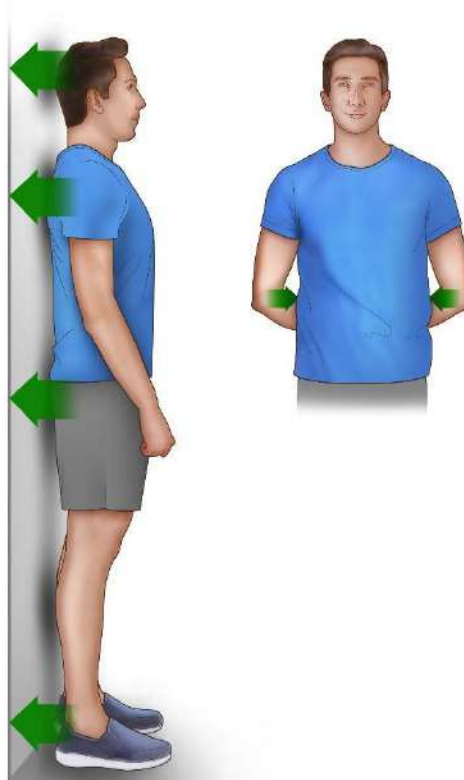




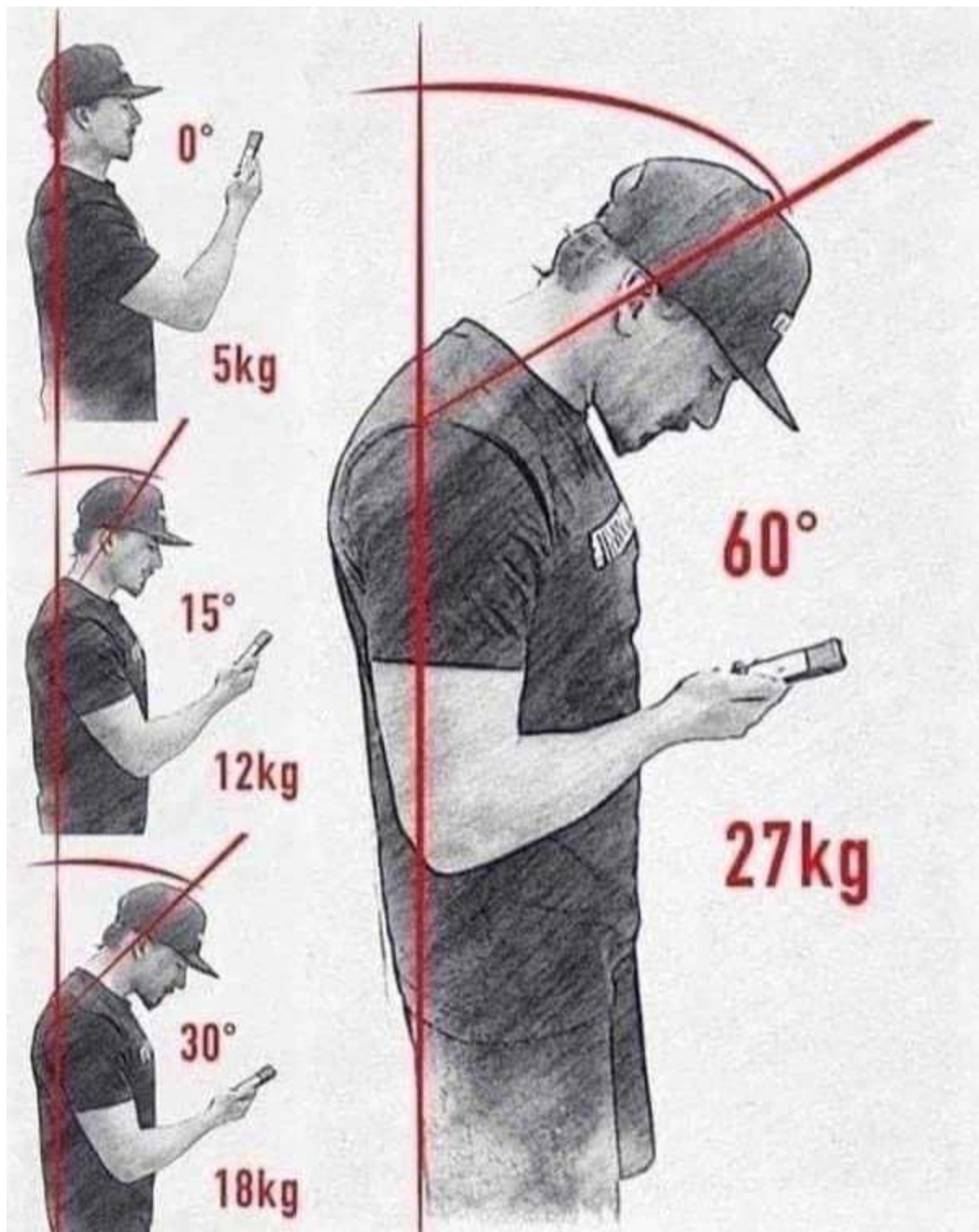
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Proper body alignment helps prevent pain and injury. To encourage good posture, stand with your head, shoulders, buttocks, and heels against a wall for 10 seconds at time 3-4 times a day. You can place your hands behind your back to deepen this stretch.



Keep your neck straight while using a mobile phone.  
Bending your neck to look down at the screen can significantly increase strain on the cervical spine, placing stress equivalent to carrying up to 27 kg on your head.



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