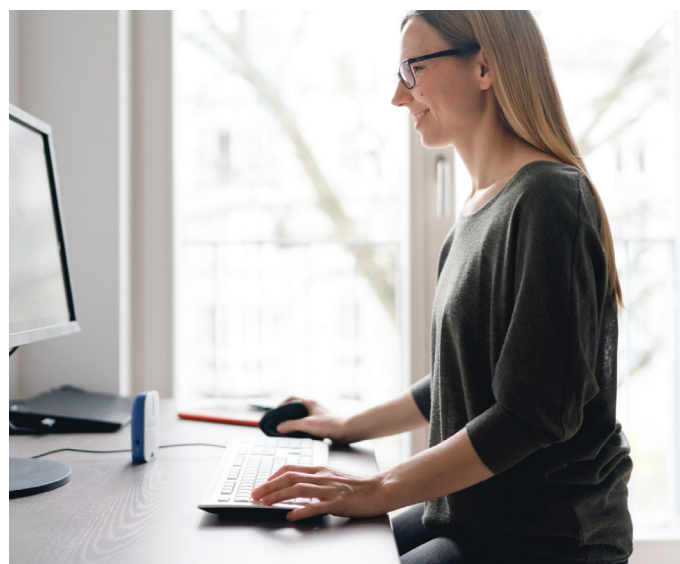


Posture is how you hold your body. There are two types of posture: Dynamic and Static.

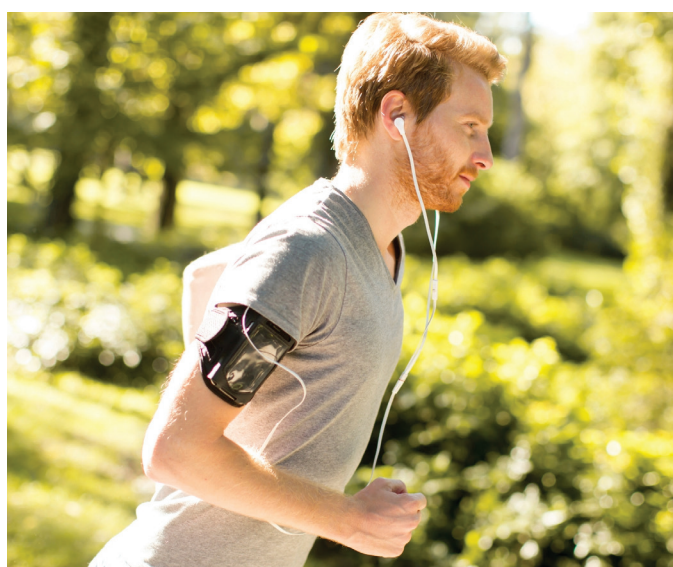


Static Posture

Is how you hold yourself when you are not moving, or in a stationary position such as sitting, standing or sleeping.

Dynamic Posture

Is how you hold yourself when you are moving, like when walking, running or bending over to pick something up.



Proper Static Posture

Promotes normal functioning of the body's organs and increases the efficiency of muscles while minimizing muscle fatigue. It also promotes proper alignments of muscles and joints, and reduces the chances of injury.

Signs of Posture Concerns

- Tension headaches
- Burning or aching between the shoulder blades
- Back or neck aches that develop later in the day
- Numbness or tingling in the arms and hands while performing certain activities
- Muscle fatigue or stiffness while seated or standing
- Reduced circulation within the upper or lower extremities

Start Improving Your Posture Today!

Massage therapy can reduce muscle tension by improving circulation which can help improve muscle tone in the affected muscles. Your RMT will also suggest stretches and exercises that you can do to help your posture.



Make an appointment with your MTAM registered massage therapist or find one at mtam.mb.ca

Evidence-based research on how massage therapy works for this condition and more is available at massageforlife.ca. Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.