

Guide To Perfect Posture

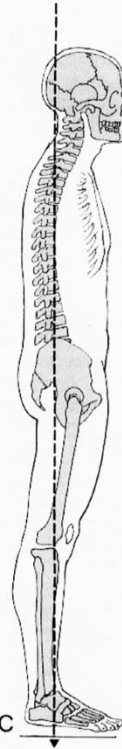
Four Types of Postural Alignment



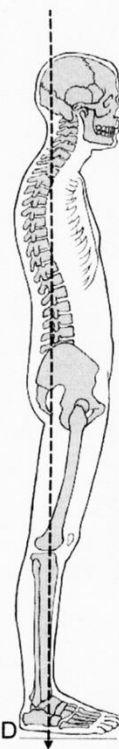
A
Ideal alignment



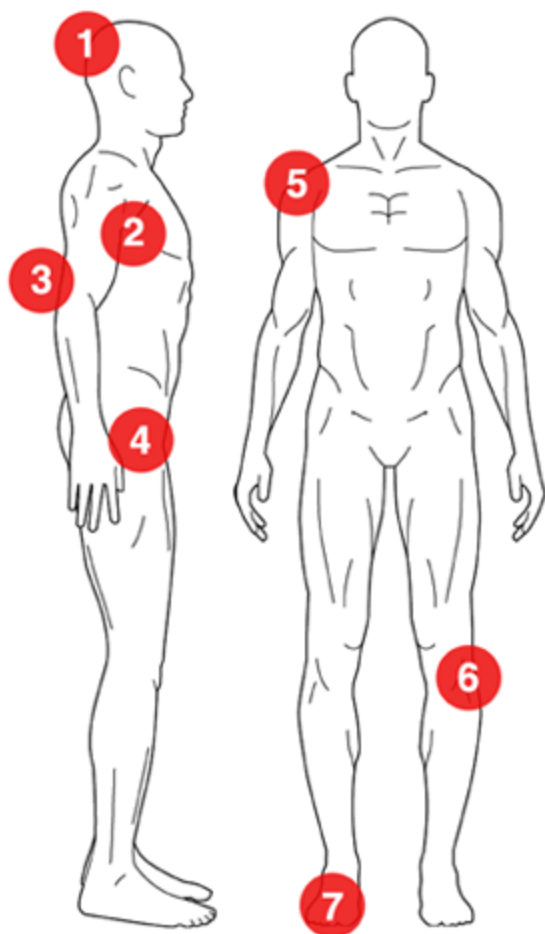
B
Kyphosis-lordosis posture.



C
Flat-back posture.



D
Sway-back posture.



1 Look at your ear. If it's in front of the midpoint of your shoulder, your head is too far forward.

2 If you can see your shoulder blade, your back is too rounded.

3 A large convex curve in your upper back causes you to slump forward.

4 The front of your belt line is lower than the back, and your lower spine is arched significantly due to an anterior pelvic tilt.

5 Look at your shoulders. One shouldn't appear higher than the other.

6 Your kneecap points inward, causing your knees to touch when your legs are straightened.

7 Toes point outward more than 10 degrees.