



## Poor Posture and Massage Therapy

### **Poor Posture:**

Many people come in with complaints of lower back pain, and stiff necks and shoulders, most of which have a direct correlation to poor posture.

Proper posture means the body is aligned so that all the muscles work as they were designed to. On the other hand, **poor posture** leads to inefficient movement, causing the muscles to have to do extra work.

For instance, if the head isn't resting correctly on top of the neck and spine but hovers over the chest instead, the muscles at the back of the neck have to remain contracted to hold the head up. Circulation becomes hindered, and oxygen and nutrients have a hard time flowing through the body.

The bottom line is, poor posture can lead to muscular stress and fatigue, which can in turn lead to deficient circulation, compromised immunity, and poor lymph flow—which leads back to low energy, frequent illness, headaches and digestive issues.

### **Massaging Poor Posture:**

Poor posture requires undoing the hardening, or fibrosis, of the muscles that have been habitually contracted, allowing them to relax and the bones to move back into place.

Therapeutic massage can help increase circulation and release chronically held areas. Deep tissue massage helps wake up the body and reverse some of the fibrosis in the tissue. And other bodywork techniques can further precipitate postural adjustments.

Old habits die hard, and this is true for muscular habits too. Talk to your practitioner about stretches and posture tips that can enhance your massage sessions. As you progress, you will notice less joint and muscle pain, fewer headaches, more energy, and possibly even stronger immunity and better digestion.

Finally, you will develop a stronger awareness of your body and an increased sense of well being. Monthly maintenance is a good way to keep the headaches away and muscle loose.

