

Healthy SPINE HEALTHY MIND

Postural Guide

GET BACK TO FEELING GOOD



SIT WITH COMFORTABLY UPRIGHT POSTURE with shoulders relaxed and feet flat on the floor.

2



STOP BENDING your neck to look down at a phone or tablet. Hold the device at eye level.

3



LIMIT THE TIME spent using a phone to 2 hours per day, especially during leisure time.

4



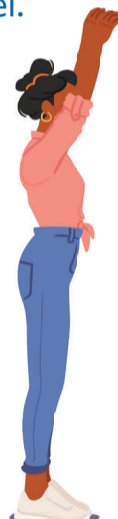
USE BOTH HANDS or alternate between left and right when typing on a smart phone.

5



DON'T WALK LOOKING DOWN at a phone. Hold your head up straight and engage with the world.

6



TAKE REGULAR MOVEMENT BREAKS every 10 minutes if using mobile devices and every 30 minutes if using computers.

7



ENSURE COMPUTERS are ergonomically set up correctly so the monitor is at eye level.

8



USE AN ADJUSTABLE ergonomic office chair so the knees are slightly lower than the hips.

9



EXERCISE REGULARLY to maintain a healthy spine and overall health and wellbeing.

10



CONSULT AN ACA CHIROPRACTOR to limit and treat spinal health problems including back pain.

ADJUST YOUR THINKING.

spinalhealth.org.au 🔍



Spinal Health Month is a community service initiative of the Australian Chiropractors Association.



AUSTRALIAN CHIROPRACTORS ASSOCIATION

CONSULT A CHIRO