

Better Posture: everyday corrections



Do you catch yourself slouching at the computer?

Do you have neck tension from using your cell?

Try out these 6 easy posture tricks/recommendations.

No one can sit in the same position all day long. Options are key:

- 1) Make sure your screen height is level with your eyes. Looking down, even a few inches, causes excessive neck strain.
- 2) Scoot all the way back in your seat. Use the seat back to support your own back!
- 3) Not all chairs have proper low back support. It may be much more comfortable to add support behind your back (towel/small pillow).
- 4) If your feet are not resting comfortably on the ground, then either lower your seat or put something under them!
- 5) Keyboards! Make sure they are close enough that your elbows stay relaxed at your sides. The same applies to your mouse!
- 6) Don't sit for longer than 20-30 minutes. Two ways to follow through:
 - a. drink an extra few glasses of water (guaranteed to work ;)
 - b. just walk over to ask your coworker a question!

Do you want more specific recommendations?

Come by ALIGN for a full posture evaluation and personalized plan!



Written By: Mason Shelton, PT, DPT, Schroth Certified [June 12, 2016]

More About: **Mason Shelton, PT, DPT, Schroth 3D Scoliosis**

[Head Shot]

Dr. Shelton, owner of ALIGN Specialized Body Care, is a highly skilled physical therapist who specializes in hands-on treatment for neck and back pain, extremity management, postural alignment, osteoporosis and scoliosis care. A native of Western NC, Mason attended Wake Forest University, and received a Bachelor's degree in Health and Exercise Science. He completed graduate studies at East Carolina University where he earned his Doctorate in Physical Therapy. During his 3 years at ECU, Mason and his research team were awarded the prestigious NC state graduate student research award for their athlete-centered biomechanics findings. Following graduation, he moved to Asheville, NC where he worked in an orthopedic clinic while pursuing an aggressive continuing education path. Mason's joy in helping others has led him to practice an eclectic manual therapy (hands-on) and postural-restoration based approach that looks at the Whole Body not just the symptoms. He became certified in a unique German-based scoliosis rehabilitation approach (Schroth Method) in 2013. Mason values working in a small private office. This allows him to provide high quality one-on-one care.