

What is neutral posture?



Neutral posture is just what it sounds like. Neutral posture is when the body is relaxed (not collapsed), lengthened and aligned. Neutral posture is used as the starting position. Neutral posture can be either sitting or standing, either way the body should be open, released, comfortable and not holding or tucking anywhere. Let's look at neutral position when sitting.

Sitting: Sit comfortably in a chair: Use an adjustable chair, keyboard tray, or desk/table to achieve the "neutral position" of a straight hand: wrist: forearm

- your feet flat on the floor
- toes pointing straight ahead.
- your knees should be relaxed and over your heels.
- adjust your chair so that your knees make a 90° angle.
- place your hands on your thighs,
- when using a keyboard, keep elbows at 90° angle and rest your palm on the palm rest.
- widen your shoulders and relax your arms.
- moving from the top of the spine (which ends behind your nose), move your spine so that you are neither arching your lower back or compressing it (slouching).
- feel your head balanced on your spine so that it moves freely from side to side.
- Keep upper and lower arms at a 90 degree angle to each other
- Position mouse as closely to keyboard as possible to minimize reaching and twisting

The spine has three natural curves in the cervical (neck), thoracic (upper back) and lumbar (lower back) regions. Proper alignment of the spine means keeping these natural curves supported, not collapsed or held. Don't try to flatten out any of these curves, since this results in tucking of the pelvis or holding in the neck and upper back. Picture your spine as a gentle S curve, with each vertebrae stacked gently on top of each other.

When you sit, you should feel your ears balanced over your shoulders, your shoulders over your hips and your spine lifted. Sit back against the lumbar support or the back of your chair so that your lumbar curve is supported and release your upper back into the back of the chair. Keep your chin level, not pushed down or tilted upwards. Gaze straight ahead. Remember to breathe.

Stephane Trottier M.Erg.S.,I.C.I.A.,I.P.F.M.,HE,O.I.E.,

