

CARE AT MAYO CLINIC	HEALTH INFORMATION	FOR MEDICAL PROFESSIONALS	RESEARCH	COLLEGE OF MEDICINE AND SCIENCE	GIVING TO MAYO CLINIC
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Healthy Lifestyle

Good posture tips

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Slide show: Prevent back pain with good posture



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Good sitting posture

When seated, keep these tips in mind:

1. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest.
2. Keep your knees at or below the level of your hips. Don't cross your legs. Your ankles should be in front of your knees. Keep a small gap between the back of your knees and the front of your seat.
3. Adjust your chair to support your back or place a rolled towel or small pillow behind your lower back.
4. Make sure the top of your monitor is at or slightly below eye level.
5. Keep your head and neck balanced and in line with your torso.
6. Relax your shoulders. Keep your forearms parallel to the ground.

Try not to sit in the same position for long periods.

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Why is good posture important?



Your spine's curves



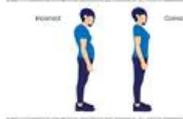
Good standing posture



Take the wall test



Good sitting posture



Check out your reflection



Carrying a bag correctly



Avoid looking down at your phone



It all adds up

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June 22, 2021

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