

# Rounded Posture and Neck Hump.



**THERE IS NOTHING THAT CAN  
BE DONE ABOUT MY POOR  
POSTURE AND NECK HUMP.....  
REALLY?**



**Geraldton**  
Health Centre

Do you suffer from poor posture, a neck hump or any associated issues like neck and shoulder pain or headaches?

This important article will provide you with information to help get on top of those problems.

**“The rounding of the upper spine and the forward protraction of the head and neck through poor posture, which creates the typical neck hump, places between 2-4 times more pressure through the delicate spinal joints and muscles than seen in healthy postural loading.”**



If left untreated, patients with rounded posture and a neck hump typically end up suffering from neck and mid-back pain, headache, jaw pain and chronic stiffness in the neck and shoulder muscles. In addition, spinal joints can suffer accelerated degeneration and typically, the degree of the postural rounding and hump size increase over time, causing worsening self-consciousness and additional pain.



When guided through a step by step program to get on top of this issue, not only do patients suffer less pain and injury in the neck and shoulders, but often headaches resolve and patients develop a stronger, healthier spine. ***Above all else, patients look better and feel better about themselves!***

**“I’m sick of hearing that poor posture runs in families and that there is nothing that can be done about it! There is...you just have to take action, seek help and do the work required!”**

If you’ve ever wanted to improve your posture, reduce your neck hump and live without constant pain in your life, then read on, we have 4 pearls that just might change your life!



## PEARL #1 - SIT TALL AND STAND TALL

Sit tall and stand tall, with even weight through your feet or your sit bones. It sounds simple, but poor posture is often a habit that people have had for decades prior to getting professional help.

We need to re-train the brain to *automatically* hold us tall with our breastbone up and forward when we sit and stand, bringing our head back over our shoulders, reducing strain in the spine, improving our posture and minimising the size of our neck hump.



## PEARL #2 - GET YOUR WORKSTATION SET UP CORRECTLY

Adjust your workstation set up so that your eyes are at the same height as the top of your monitor, your elbows are supported on the desk or the armrests of your chair and that your seat height is adjusted so that the angle of your hips and knees are equal to or just larger than 90 degrees.



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## PEARL #3 – MOVE!

We have not evolved to sit for 8-10 hours per day at our desk and our spines are weaker and under extra strain when we do.

So if you are a desk worker, a retiree, or involved in a job where you are doing repetitive activities, set an alarm for every 20-30 minutes to remind you to get up and move. This will reactivate the deep muscles of the spine that hold us in a healthier posture and reduce stress in the spine.

Of course, correct spinal mobility, balance and alignment is critical and is something that needs to be assessed by an experienced and skilled clinician. If spinal rehabilitation is required, a wide variety of techniques exist to help, beginning with very gentle approaches which will suit your needs and preferences, whilst still improving function.



## PEARL #4 - SIMPLE DAILY POSTURAL STRENGTHENING EXERCISE

Do the postural strengthening exercise shown in the link below 2-3 times each day.

Begin by standing tall, feet shoulder width apart and with even weight through each foot. Turn your palms all the way out. Slightly tilt your head back and then bring your head gently back over your shoulders. Finally, squeeze your shoulder blades back and down. Hold this position for 1 minute and repeat 2-3 times.

Click the photo to show video.







If any of this relates to you, your family or friends, then you'll be pleased to know that we have developed a specialised program called the "Postural Correction Protocol."

This evidence based protocol incorporates advice, in -office treatment and home exercise which can make a massive difference to the lives of those living with poor posture and/or neck humping.

In addition, we have developed a home postural assessment check list to allow you to self-assess, or assess your friends and family to determine if you could benefit from the "Posture Correction Protocol."

Simply click the link below to download the FREE "Postural Assessment Check-list."

The results could be life changing!

[\*\*CLICK HERE\*\*](#)