

Exercise Balls can make your posture symptoms **CHRONIC**

Many people develop tightness across their shoulders and upper back. It's a common problem caused by holding your head forward of your body i.e. spending hours at a desk, on bikes, kayaking, playing musical instruments etc.

Some people try to stretch out their upper back tightness by arching backwards over an exercise ball. At first glance it seems OK; you can see how it reverses the shape of your spine and can usually feel lots of stretching.

However is a very real risk that this particular stretch can make your postural symptoms worse.

How? Because if you frequently stretch wrongly you can create a muscle imbalance that's when certain muscles become tight and others loose and goes with Forward Head Posture. People with this problem have a long stomach and a short elevated chest e.g. how a pregnant woman looks from side-on. The neck and shoulder muscles become short and tight, the ribcage gets drawn upwards, and it becomes difficult to breathe low into the abdomen.

And that is the position you stay in when you arch over an exercise ball.

Ideally when stretching out your upper back you want to keep your ribs down (towards the hips) to ensure you can continue to breathe low into your stomach.

If you upset how the diaphragm muscle works, which can happen if you repeatedly stretch out over an exercise ball, you can turn an occasional discomfort into a chronic nagging problem.

The Posturepole was carefully designed to safely relax the neck, shoulders and upper back by allowing the ribs and diaphragm to stay down so the person can breathe easily into their abdomen.

