

## Use your feet to ease tension & improve posture!



Forward drawn posture

Our muscles never work alone.

They work in teams where one connects to another, to the next, to eventually form a chain. And if there is a problem with one of the 'links' in the chain, then that dysfunction can be passed along to cause symptoms somewhere else.

Forward leaning (also called 'a forward drawn posture') is a very common postural problem; it's where a person's entire body seems to lean forward starting from their ankles and feet. Holding that posture can often lead to neck pain and tightness – if your neck muscles feel tight and tender to touch when standing, then feel softer and miraculously better when sitting, you may have 'forward drawn posture'.

Professor Vele, a Czech Rehabilitation Specialist, recommends this simple, yet surprisingly powerful exercise remedy.

Stand in bare feet and slowly lean forward without stooping or lifting your heels. Do this movement until you can feel your toes begin to curl as if to grip the ground. Hold that position for ten seconds. Repeat slowly, ten times once or twice daily. This routine eases the tension along the full length of the 'muscle chain'.

(exercise pictured below & right)



Regularly setting aside time for a Posturepole session is helpful to improve posture: it also relaxes the muscle chains to encourage a straighter more attractive posture.

(Ref: Lewitt K. 'Lessons for the Future' Int Mskel Med 2008; 30:3:134-140)

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