



NEUTRAL SPINE

WHAT IS NEUTRAL SPINE?

Neutral spine is the position where the spine is best able to bear and transfer load. In sitting and standing a 'good posture' position is a neutral spine position. This is where the weight of your upper body is borne most efficiently on the spine.

WHY IS NEUTRAL SPINE 'GOOD POSTURE'?

In neutral spine load is borne most effectively through each vertebra. The majority of weight is borne through the body of the vertebra. This is the largest, thickest part of the bone designed to bear load.

In neutral spine position the stabilising muscles can hold the spine supported most easily. This makes it easier for you to activate the right muscles at the right time at the right intensity and keep your good posture, or neutral spine position.

WHY IS 'BAD POSTURE' BAD?

Bad posture is where the spine is not bearing load efficiently. When you don't take the weight through the vertebral body, it has to be borne in other areas not designed to take load. This commonly includes the facet joints and the muscles to either side of the spine.

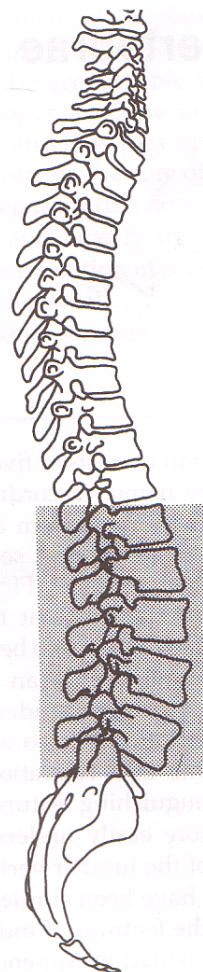
Prolonged periods of poor posture loads tissue inappropriately and can lead to tissue damage and pain. Common areas of pain include across either side of the lower back, between the shoulder blades and across the top of the shoulders. These are areas which are fatiguing due to inappropriate excessive loading of muscles designed to turn off and on as you move, not stay on and hold you up against gravity.

Poor postures often lead to pain that increases through the day. You wake up ok, but the pain gradually increases as you are upright against gravity. This is the movement muscles fatiguing. The pain often changes areas as you fatigue one area then another.

Pain that responds well to manual type treatment (massage, joint mobilization or manipulation) but keeps coming back is often related to poor postures. You get the overloaded, overactive, tight bits loosened up but they begin to tighten up again as you aren't bearing load appropriately through a neutral spine.

HOW CAN I GET GOOD POSTURE?

Just changing your posture can have enormous impacts on pain. What each person needs to do to correct their posture can be very varied. Work with your Physio to learn what your bad postural habits are and how to correct them. Every time you sit up straight you're working your core properly. Ideally your good postural habits in day to day life keep your core well controlled.



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