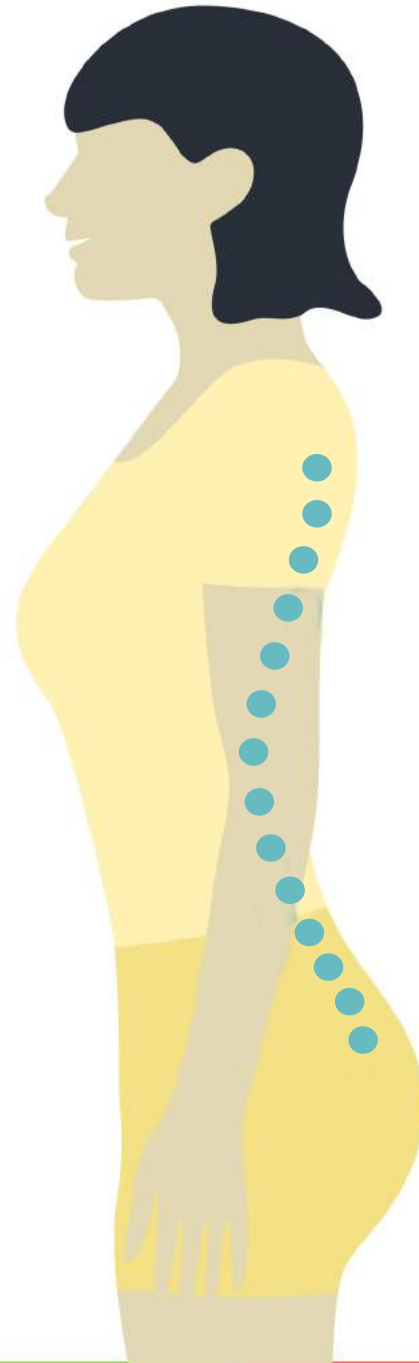


Posture & Pain

Arched Back Posture

What causes this posture?

There are two main causes: a weak abdomen and forward centre of gravity



Who has this posture?

Pregnant women and those with a large belly that weighs them down



Dos

Sit deep in your chair, with your back fully on the backrest. Your lower back "switches off" as there's no pressure on it.



Squat, cycle and practise yoga poses like "Cat Stretch" and knees-to-chest to open up the lower back.

Reverse crunches are double duty, strengthening weak abs and rounding the back.



Don'ts

Sit on the edge of your chair with an upright back.



Swim breaststroke and practise yoga poses like Cobra, Upward Facing Dog and Superman.

Use back support accessories with an arched shape.

