

**In the management of headaches and chronic musculo-skeletal pain,
 being aware of and maintaining good posture is important.
 Here are a few simple dos and don'ts.**

General Walking

✓



✗



Driving

✓



✗



Head, neck and back not aligned, or supported; teeth clenched; forward

Sitting



Shopping



Backpack/Bag



Sleeping

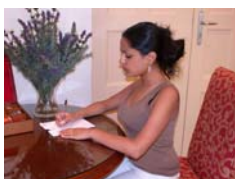


Lower back bent, neck bent and twisted, pressure on

Office tasks

Writing

✓



✗



Computer

✓



✗



Phone



Head, neck, back aligned, eyes about 22 inches from screen, elbow at right angle, thigh parallel to floor, mouse in easy reach, upper arm close to body, chair does not have large arm rests to prevent body moving close to keyboard

Forward head posture, eyes not level with screen, hand stretching to reach mouse

Household tasks



Drawer



Low drawer



Making bed



Ironing



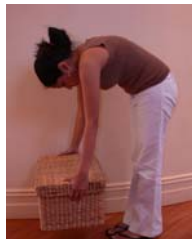
Vacuuming



Picking up baby



Lifting



Reaching



Summary: Maintains a straight alignment between your head, neck and back, Bend knees instead of waist and back

Avoid: Arching or humping your back, rounded shoulders/back, Sustained bending or bending at the waist and lifting heavy loads
Forward head posture, Sustained bending of your head forwards or backwards