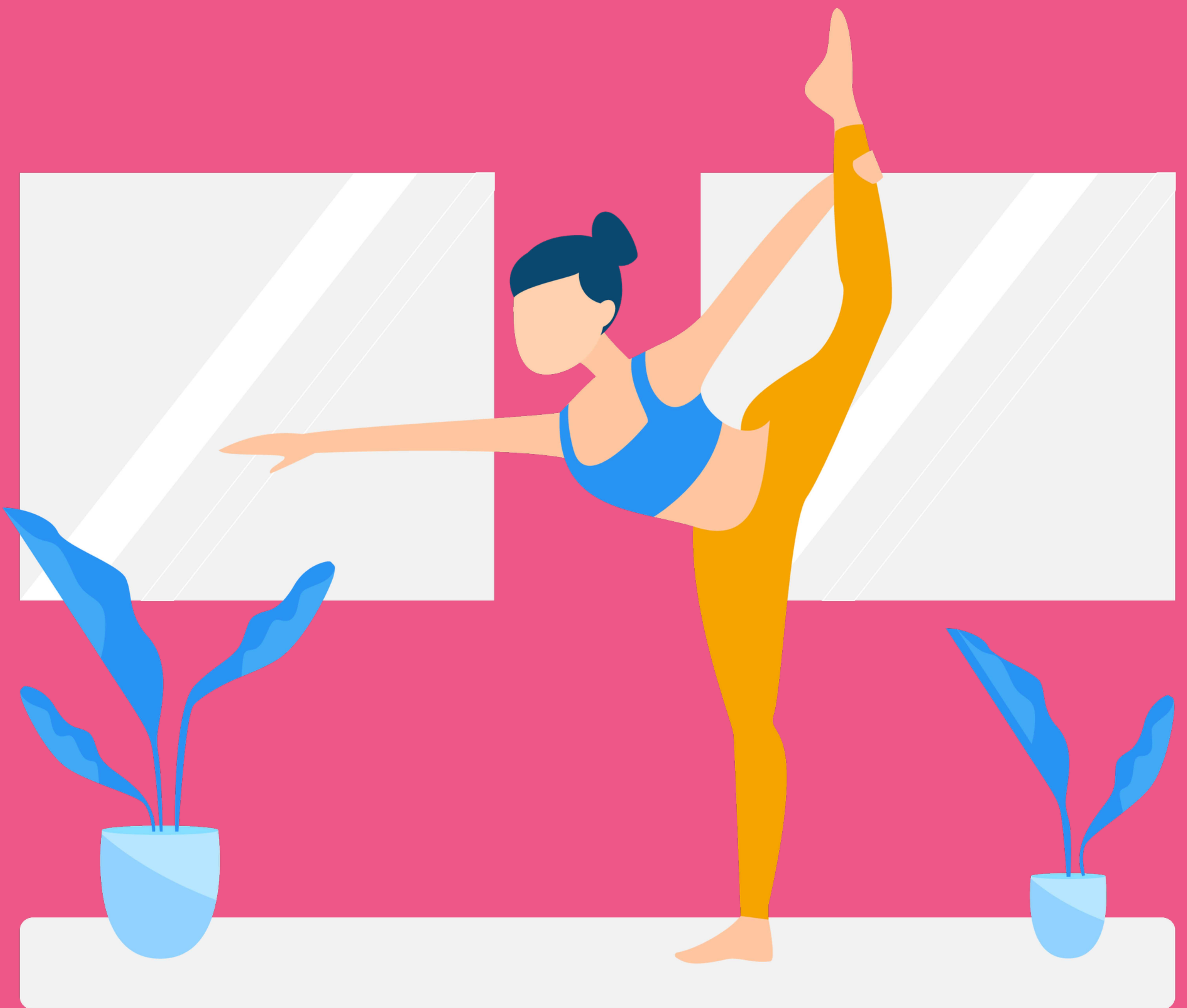


Unlock The Secrets To Good Posture

THE COMPLETE
GUIDE



Phillipa Butler
Founder and CEO of Precision LTD

"Good posture can be successfully
acquired only when the entire
mechanism of the body is under perfect
control. Graceful carriage follows as a
matter of course."

Joseph H. Pilates

Working for you, your way!

Meet Precizion: Your Personal
Movement Specialist

We are a revolutionary online wellness platform offering solutions for the physical, mental and emotional challenges associated with modern living.

We offer online consultations, personalised movement programmes, group sessions, courses and workshops. All our sessions are live and fully interactive. Our Advice is informed by current clinical guidance and up to date scientific research. Finally you will receive ongoing support as you navigate a path to optimal health.

We also have a special interest in managing the symptoms and long reaching health consequences associated with menopause through movement and mindfulness.

Our programmes also work to combat the physical effects of our increasingly sedentary lifestyles and can benefit painful conditions such as low back pain, neck pain, shoulder pain, knee pain plus many more.

Join us and future proof your body and mind.



Meet your personal coach!

Meet Phillipa!

Phillipa is a Chartered Physiotherapist with a wealth of experience treating musculoskeletal conditions; disorders affecting bones, joints and muscles. She loves working with people to help them recover from illness or injury. Her purpose is to help people to achieve their goals whether it is to manage pain, participate in activities they enjoy or to improve sporting performance.

Phillipa has spent her career developing and refining her knowledge and skills to become an expert movement coach. She is truly passionate about the power of movement to reduce pain and promote wellbeing.

After injuring her back as a young physiotherapist and suffering years of pain she discovered Pilates and in 2005 attended her first Pilates training course, she has never looked back.

Clinical Pilates offers the precision and movement control which in our experience is hugely beneficial when recovering from episodes of back pain.

Pilates has been shown to improve flexibility, dynamic balance and muscular endurance. So if targeting the muscles of the core is your goal then Pilates is for you.



So, what is posture and how do you improve it?

Posture is a complex interplay between neurological and musculoskeletal systems. Some of the factors which influence the interplay are: Habits, neurological reflexes, adaptations in the body and time.

The Habits of adopting certain postures can be trained such as when we are told to 'stand up straight' as children and during military training. For those who sit slumped for long periods driving, at a desk each day, using portable devices or doing hobbies such as sewing and knitting may develop poor postural habits.

The body is always in pursuit of the lowest possible energy state for survival: eating, relaxing and lying down all require less energy output. When the body is not active we rest on bones and ligaments e.g. slumping whilst sitting in pursuit of least muscular effort and thus least energy expenditure.



Damaging effects of poor posture

Persistent poor posture over time will result in certain muscles tightening and others loosening to adapt to these positions. Your poor posture is now a habit you no longer notice.

If you have poor posture and move your body into what is generally considered to be good posture, at first you will find it uncomfortable, because your body has adapted.

If you want to improve your posture it is not just a matter of doing exercises, which are important, but that you consider everything you do during your day and how you do it.



The top tips for improving your posture

Overcoming pain, improving posture in real life and how to make a change with Pilates by Precizion!

A detailed guide on how to correct poor posture using pilates and overcoming pain with pilates!

Improved body alignment has positive effects on psychological well being, breathing, energy conservation, and force production and thus, can improve your physical performance. Posture may not be the cause of pain but changing your alignment can affect pain e.g. low back pain through improved muscular strength and endurance and additional mobility gained through postural training.

PAIN

It is important to understand that 'hurt' does not necessarily equal 'harm' and it is important to stay active and resist avoiding activities due to pain. Muscular tightness can lead to pain and vice versa.

Three most common causes of pain in the back are, tightness, instability or weakness. Exercises aimed at strengthening spinal muscles which in turn can support and stabilise the spine tend to reduce levels of back pain. Soft tissue release work such as myofascial release and massage also have a place in addressing overactivity or tension in muscles.

A Cochrane review in 2015 found that 'Pilates is more effective than minimal intervention for improving pain, disability, function...' People with back pain that do pilates on a regular basis often experience less pain and although further research is called for, in the meantime Pilates taught by a physiotherapist is helping some patients manage back pain.

POSTURE IN REAL LIFE

Think of good posture as variable according to what you are doing. No one posture fits all situations and being able to move in and out of various positions will allow your body to function well every day.

OVERCOMING POOR POSTURE USING PILATES

The basic principles of Pilates embody optimal biomechanical alignment of the body. Pilates highlights the healthy movement habits needed to address poor posture. The concentration required when performing Pilates exercises allows us to develop the ability to connect with the body and become more aware of our postural habits as we go about our day. As we observe our tendency to adapt and adopt poor posture in pursuit of least effort, in turn, we can make changes accordingly. Last but not least Pilates offers dynamic stabilisation retraining that reconditions the body starting from the central core, specific strengthening exercises, mobility and flexibility work.

PILATES AND THE PELVIS

Pilates is not just an exercise class you go to once a week, although even that can be highly beneficial. I suggest we bring the Pilates fundamental principle of ideal posture and alignment into every movement we make. Ok maybe not every movement...

WHERE TO BEGIN

In my opinion the most important thing we can do for our bodies is to develop our ability to 'tune in' and increase our awareness of HOW we HOLD ourselves and HOW we USE our bodies as we go about our day. Whether we sit at a desk, hang washing, use the vacuum, drive to work, feed a baby or hit a golf ball!

The Pilates fundamental principle of alignment begins with the Pelvis. We can consider the pelvis as the foundation with the centre of body mass located within the Pelvis. When the pelvis is Neutral it brings the lumbar spine into neutral, this allows the spine to stack up above it in the most ideal 'S' shape; also referred to as the natural curves of the spine. This 'S' shape arrangement of the bones allows the spine to distribute the load most effectively between all the appropriate load bearing structures; bones, discs, ligaments, muscles etc.

HOW DO WE KNOW IF THE PELVIS IS NEUTRAL

If you are standing think of the pelvis like a bucket filled with water and in standing if you rock the pelvis forwards so the water would tip out of the front and then backwards so the water would tip out of the back, then come to rest in the mid position with the pubic bone, ASIS (pointy bone at the front of each side of the pelvis) and the navel in the same vertical plane then the pelvis should be Neutral. Not only that but in consciously correcting your posture you will also have activated muscles in order to realign; namely the abdominal muscles and the gluteal muscles.

If you are sitting, think of the bones you feel in your bottom if you sit on a hard chair for a long time; these are the ischial tuberosities and are at the bottom of the pelvis. Think of these bony points as the feet of the pelvis which ideally should point directly downwards when we sit. At the same time the ASIS should point directly ahead of you, and now the pelvis is Neutral.

MAKE A CHANGE

When attempting to make changes it is important to train regularly, begin with lower frequency and intensity of exercise and increase if not progressing.

Each session should begin with some light stretching and mobility work to increase and maintain new ranges of motion. This is followed by stability, strength and endurance exercises. Finally light mobility work to cool down. The key to success is sustaining any changes we make over time. Attending a weekly Pilates Class can help you stay motivated when making changes to improve your posture.

References:

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Low S. and Jarlo .I (2017). Overcoming poor posture: A systematic approach to refining your posture for health and performance. Battle Ground Creative

<http://www.jandaapproach.com/the-janda-approach/jandas-syndromes/>

10 reasons why joining Precision could transform your health!

You might be wondering, why should I join Precision? We are experts at what we do! Here are some of the advantages:

1. We have a wealth of experience working to help people achieve success
2. We educate and empower our clients to be their own best selves
3. Our private package allows us to assess your specific needs and provide a tailored programme delivered to your inbox
4. Options for weekly, fortnightly or monthly Personal Coaching
5. Receive ongoing support from Phillipa; your movement specialist
6. Join our membership and choose your Live Online Weekly Pilates or Yoga Class with access to a library or recorded materials

7. Access to our regular Podcast episodes and weekly wellness blog

8. We offer a variety of sessions to suit your schedule

9. We work with a range of partners to offer you an exceptional service

10. Stay home, stay safe and meet us online via phone, tablet or computer



Join us at Precizion and level up your health!

Book your free 20 minute consultation

Email Phillipa: hi@precizion.co.uk

**Visit our website
www.Precizion.co.uk**

