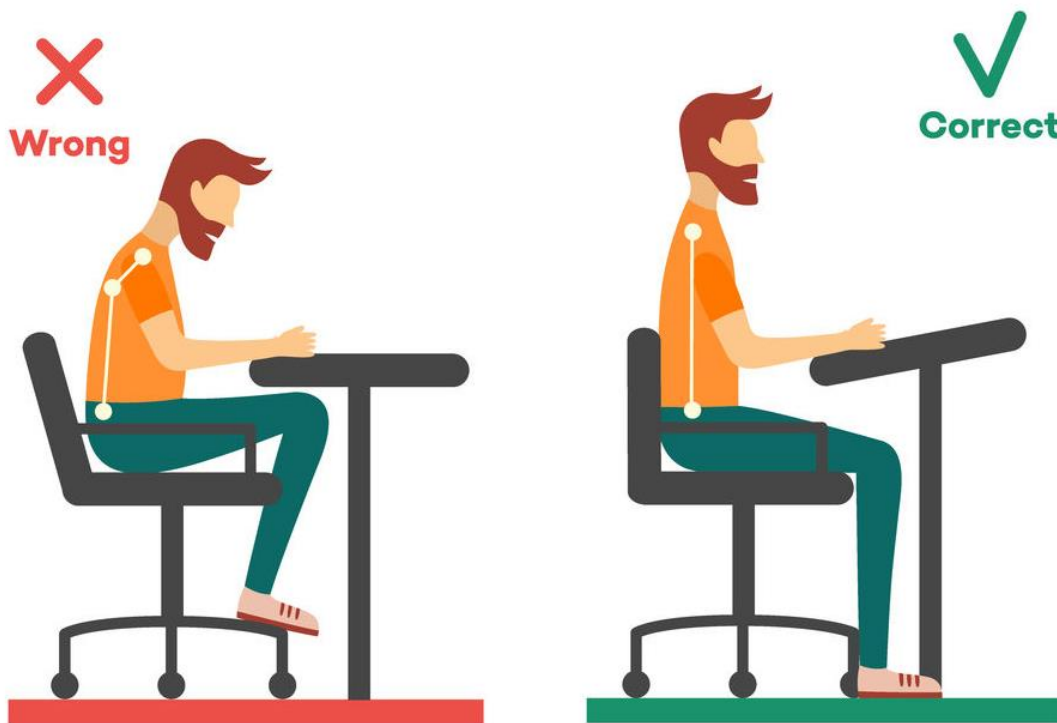


# THE PRACTICAL GUIDE FOR HEALTHY POSTURE



**A New Way Clinic**

MODERN • NATURAL • MEDICINE

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# Poor Posture Might Increase Joint Pain and Might Lead to Health Problems.

Poor posture can increase the stress on your joints and might increase pain and inflammation.

When you allow your neck to move forward, you are putting significant weight on the supporting joints. Overtime, this might stress the joint in your back, neck, hips, shoulders, and wrists and lead to increased pain.

In fact, a study published in 2018 reported that patients who were less aware of their posture suffered from more back and shoulder pain. Patients who improved their awareness to healthy posture reported reduction in pain.

Poor posture might also effect the function of your organs. In 2016, a study reported a reduction in the capacity of the lung to function with poor posture. People who were using smartphone (looking down) had reduced lungs function in comparison to people who didn't use smartphone.



#### Sources:

Cramer, H., Mehling, W. E., Saha, F. J., Dobos, G., & Lauche, R. (2018). Postural awareness and its relation to pain: validation of an innovative instrument measuring awareness of body posture in patients with chronic pain. *BMC musculoskeletal disorders*, 19(1), 109. <https://doi.org/10.1186/s12891-018-2031-9>

Kang, K. W., Jung, S. I., Lee, d., Kim, K., & Lee, N. K. (2016). Effect of sitting posture on respiratory function while using a smartphone. *Journal of physical therapy science*, 28(5), 1496–1498. <https://doi.org/10.1589/jpts.28.1496>

When we look down, for example when we are texting on our phone, we place high amount of pressure and weight on the joints on the neck. Over time, this pressure causes stress to our joints, ligaments, and nerves and might lead to headaches, neck and back pain, and degenerated changes.

Poor posture and prolonged sitting can damage our health. A study published in 2015, found an association between prolonged sitting and reduction in the height of a disc in a joint in our back, called L4-5. In other words, their disc was degenerating faster.

In 2007, researchers reviewed the posture of over 3,600 children and reported that close to 40% of them had poor posture. Children with poor posture reported that they suffered from headaches and neck and back pain more often.



Source:

Kratěnová, J., Žejglicová, K., Malý, M. and Filipová, V. (2007), Prevalence and Risk Factors of Poor Posture in School Children in the Czech Republic. *Journal of School Health*, 77: 131-137. doi:10.1111/j.1746-1561.2007.00182.x  
Billy, G. G., Lemieux, S. K., & Chow, M. X. (2014). Changes in lumbar disk morphology associated with prolonged sitting assessed by magnetic resonance imaging. *PM & R : the journal of injury, function, and rehabilitation*, 6(9), 790–795. <https://doi.org/10.1016/j.pmrj.2014.02.014>

This book will provide you with practical strategies and tips to support a healthy posture and reduce stress on your joints that might lead increase pain and inflammation.

I have been using these guidelines for myself, my family, and clients for several years and I recommend these guidelines to everybody.

It is important to mention that everybody is different, and I recommend consulting with an experienced healthcare provider before making any lifestyle changes.

I wish you and your family the best of health,

Tal Cohen, DAOM, MS-FMHN



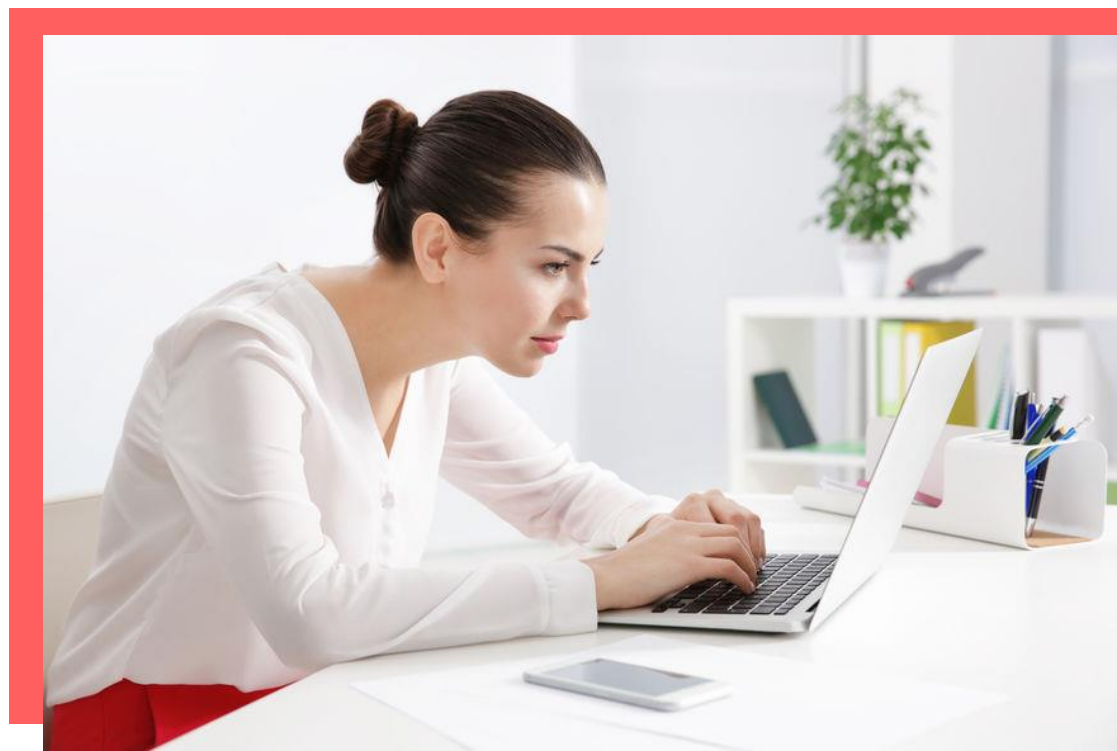
# Keeping a Healthy Posture During Computer Work

The principles of healthy posture are universal and simple. To prevent stress and damage to the joints, we must keep a straight alignment.

In the picture below, you can see common mistakes that many people make when working on the computer or tablets.

These common mistakes are important to avoid:

- ✘ Shoulder tilting forward can stress your neck and upper back and cause neck or shoulder pain
- ✘ Head tilting forward can stress your cervical (neck) joints and might lead to headaches, neck pain, pinched nerve, and increased risk of disc problems and degeneration of you neck.
- ✘ Back tilting forward stresses the lower back and might increase lower back pain



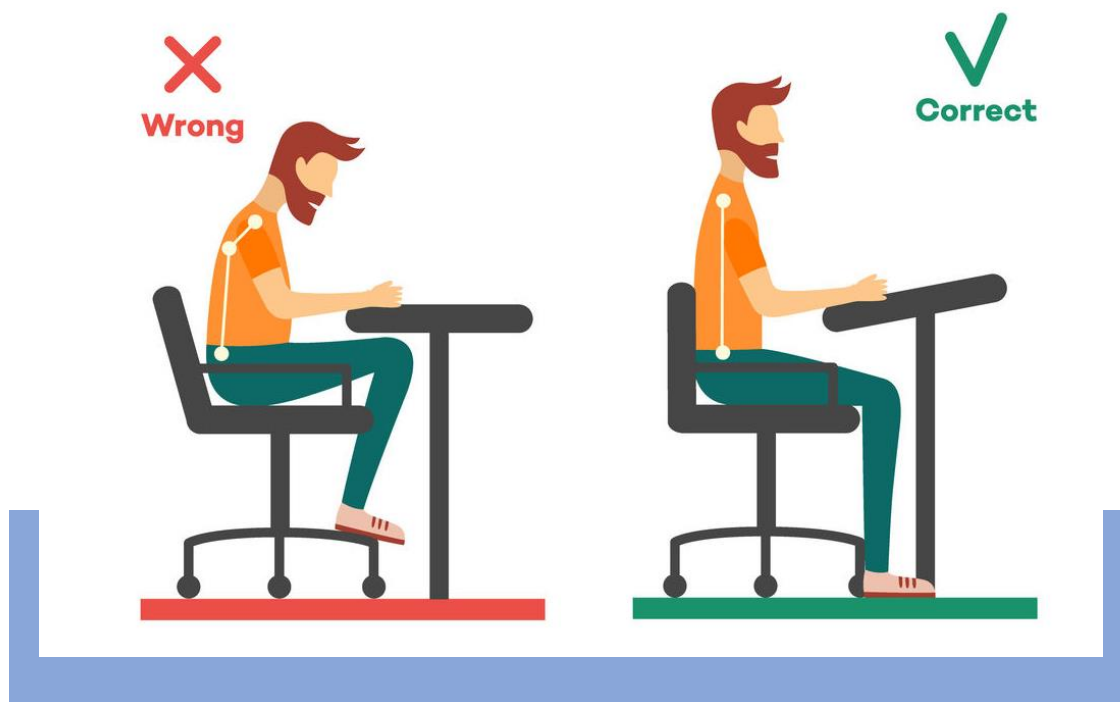


# Keeping a Healthy Posture During Computer Work

The principles of healthy posture are universal and simple. To prevent stress and damage to the joints, we must keep a straight alignment.

When sitting, make sure that you keep....

- ✓ Your back straight (against the chair)
- ✓ Your head should be located above your shoulder (NOT tilting forward)
- ✓ Shoulders aligned with the back
- ✓ Your arms should be resting parallel to the floor (90 degrees)
- ✓ Your legs should be relaxed and knees in 90 degrees
- ✓ Your feet should still be flat on the floor or a support platform



# Keeping a Healthy Posture When Using your Phone

One of the most common mistakes that we are seeing is people using their phone and looking down when the phone is in their hands.

Doing so, can place so much stress on your neck and shoulders. Stressing out neck and back in such way, might lead to headaches, neck and shoulder pain, and increase degeneration of our joint in the back and neck.

The more you are tilting your head forward, and down, the more weight is on the joints of your neck and shoulders. For example, 30 degrees tilt is equal to 40lb weight on your neck.



When using your phone or tablet, make sure that you keep....



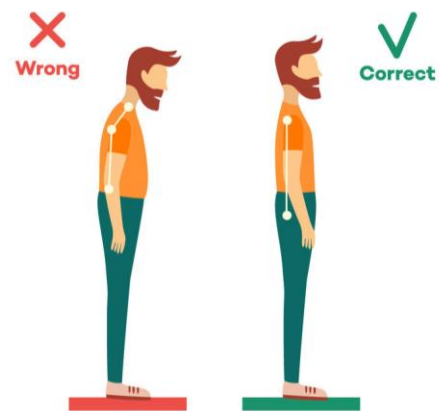
- ✓ Your phone high and in front of your face.
- ✓ Your head should be located above your shoulder (NOT tilting forward or down)
- ✓ Shoulders aligned with the back
- ✓ One hand holding the phone, while the other is tapping the keys.

# Keeping a Healthy Posture When Standing or Lifting

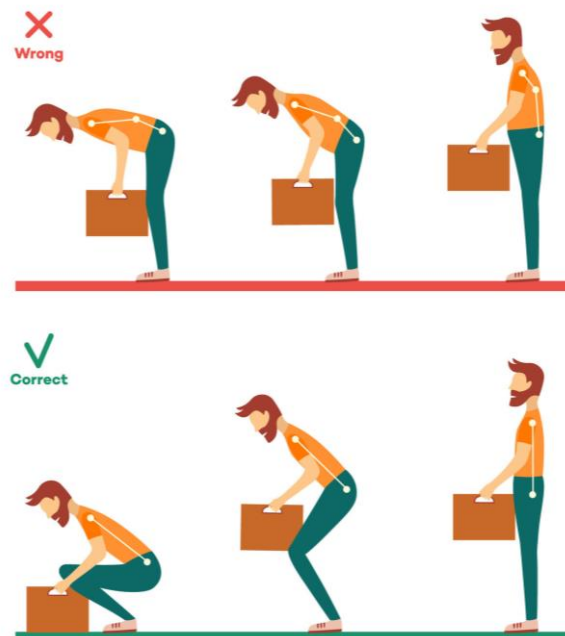
Lifting objects in an incorrect way can cause damage to your joints, ligaments, and muscles. It can also cause inflammation and pain.

When standing, make sure that you keep....

- ✓ Your back straight (against the chair)
- ✓ Your head should be located above your shoulder (NOT tilting forward)
- ✓ Shoulders aligned with the back



When lifting heavy or light objects, make sure to use your knees instead of your back. Do NOT bend your back to lift objects, since it places excess weight on your spine and can cause damage.





I hope that this book was helpful for you and your family members to reduce neck, back, and shoulder pain and tightness.

Keeping a healthy posture is so vital to maintaining our health and good quality of life.

If you are still suffering from joint pain, feel free to reach out to us. We have years of experience with treating joint pain and chronic conditions that other doctors fail to address.

I wish you and your family the best of health,

Tal Cohen, DAOM, MS-FMHN



Tal Cohen has presented on Functional medicine, stem cell therapy, oriental medicine, brain health, lifestyle and nutritional medicine in several venues, such as Oregon Health and Science University, Linfield College of Nursing, National University of Natural Medicine, Oregon Association of Nurses, public libraries, Oregon College of Oriental Medicine.

Tal is the author of multiple books, including 'Treating Pain and Inflammation with Functional Medicine: The Complete Clinical Guide' and 'The Complete Guide to Removing Toxins & Improving Your Health.'

Tal Holds a Master of Science degree in Human Nutrition and Functional Medicine from Western States University and Doctorate in Acupuncture and Oriental Medicine Degree from Oregon College of Oriental Medicine. He is passionate about regenerative medicine, Functional medicine, and nutritional medicine.