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## *Posture Related Pain*

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Lots of research that links posture and pain is poor. There is no real evidence to suggest that poor posture will cause long-term problems. Everyone's posture is slightly different but not everyone is in pain.

In a 12-week study published in BMC Musculoskeletal Disorders in 2016, a group of 60 people were given movement sensors that measured the curvature in their spine and the movement in their pelvis as they did five tasks. The researchers found no correlation between their posture and their chance of having lower back pain.

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### *What does matter?*

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It is not how you hold yourself but how long you stay in a particular position. The same would apply if you stood for a prolonged period in 'perfect posture'

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### *What is the best advice?*

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In simple terms – keep moving.

If you stay in one position for too long nociceptors (pain receptors) detect pressure and send messages to the spinal column and brain that make you feel uncomfortable. This prompt explains why we shift in our chairs or wriggle – it is our body's way of getting us to move before we experience pain.

Everyone's threshold is different for this but for everyone it is important that once when we feel uncomfortable, if not before, we should change position or move around for a short period to break up these patterns.

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### *What can I do to help?*

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Change position regularly – it may be beneficial to have a note beside your computer or desk to remind you to 'move'. Similarly, you may wish to set a reminder on your computer or phone.

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### *Tips to Increase activity levels/movement throughout the day*

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- Regular short breaks to stand, stretch and change position – set reminders.
- Walk to speak with a colleague instead of phoning or e-mailing.
- Drink more water
- Go for a short walk at lunchtime
- Move bins away from your desk/workstation
- Send items to print in smaller batches so you have to get up more often

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### *Exercise*

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Exercise is the best way to keep muscle and joints mobile, moving, and free from pain. There is not one specific exercise that is the gold standard for prevention/treatment of pain. The best exercise generally is the one you are going to do regularly.

Mobility exercises are simple and effective and something you can do whilst in work throughout the day to break up sustained postures.

Strengthening exercises are very beneficial in injury prevention. The stronger we are the less likely the body is going to become fatigued and suffer injury/pain.

For further exercise advice and information, please download the Belfast Trusts BWell app.



Click [here](#) to visit the 'b well' site. A site dedicated to the health and wellbeing of Belfast Trust staff.