

# Correct & Incorrect Standing Posture

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A poor posture can lead to neck, back and shoulder pain.  
A good posture not only allows one to look confident, but also places less stress on the body, helping to maintain a healthy spine and nervous system.

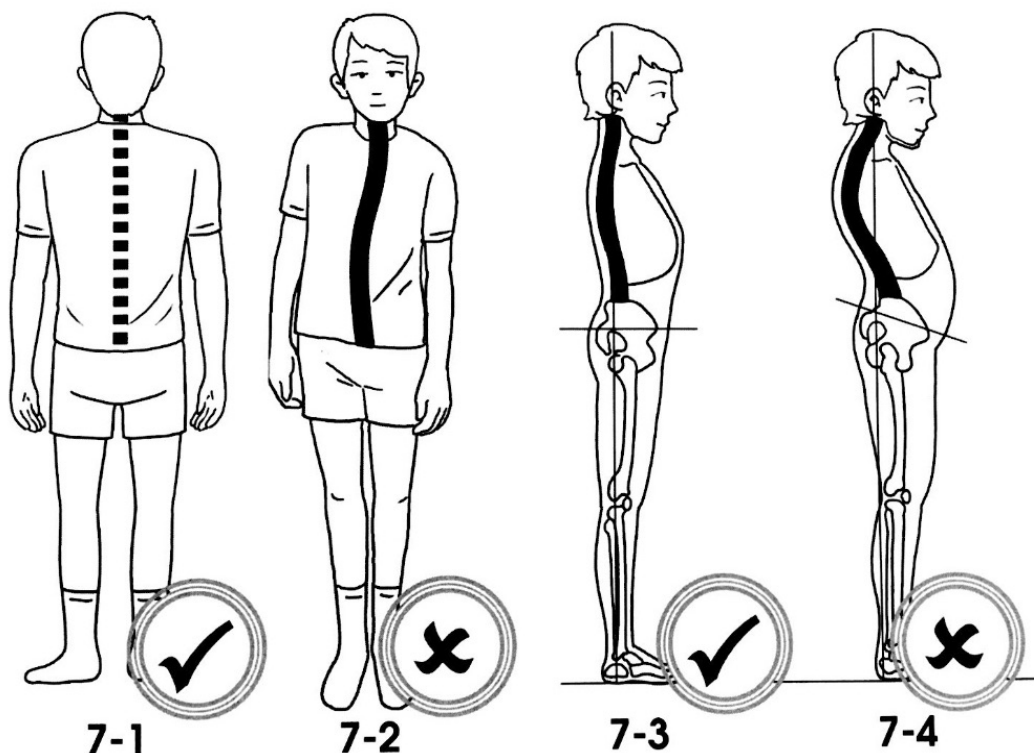
Correct and Incorrect Standing Postures:

Correct: (Front) Ears, shoulders and hips should be level.  
(Figure 7-1)

Incorrect: (Front) Unlevel ears, shoulders and hips. (Figure 7-2)

Correct: (Side) Ears, shoulders, hips should be a vertical line, neck and lower back inward curve maintained. (Figure 7-3)

Incorrect: (Side) Slouched posture, head forward and rounded shoulders. (Figure 7-4)



## Correct and Incorrect Postures

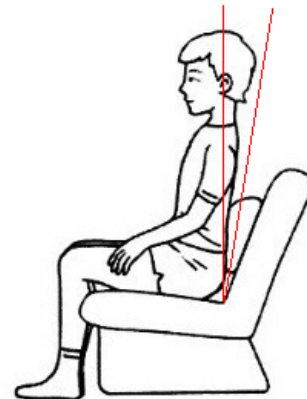
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Correct sitting posture: The head and back should be straight, both feet on the ground or a footstool.

When studying, one can use a slanting desk and a back support. Elbows and knees should be at 90 degrees.



When sitting on a sofa, sit upright at about 90-110 degrees with a back support.



When sitting on the floor, flex both legs beneath you.



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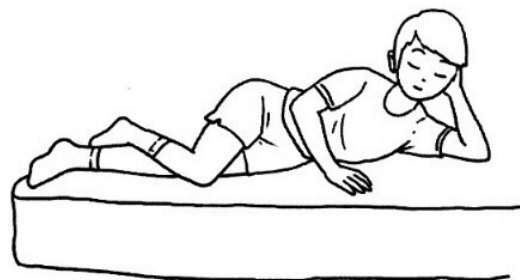
Do not slouch on the chair.  
An incorrect sitting posture:  
a slouched posture,  
rounded back and shoulders  
with the head forward.



Do not flex your  
knees on the chair.



Do not lie on the sofa or  
work on a mattress.



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Do not sit twisted.



Do not sit on tiny stools.



Do not cross your legs.



## Correct and Postures

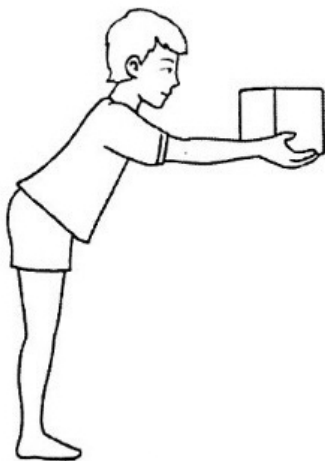
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Don't squat slouched.



Squat upright.



Do not carry objects  
far away from your body.



Carry objects close  
to your body.