

Adapted from the paper 'Sit Up Straight': Time to Re-evaluate. J Orthop Sports Phys Ther 2019;49;562-564. Slater D, Korakakis V, O'Sullivan P, Nolan D and O'Sullivan K.

Posture Reframed

'Sit up Straight' - Time to Re-evaluate!

Patient Information



1 There is NO 'correct' posture

Despite common posture beliefs, there is no strong evidence that one optimal posture exists or that avoiding 'incorrect' postures will prevent low back pain.



2 Differences in posture are a fact of life

There are natural variations in spinal curvatures and there is no single spinal curvature strongly associated with pain. Pain should not be attributed to relatively 'normal' variations.

3 Posture reflects beliefs and moods

Posture can offer insights into a person's emotions, thoughts and body image. Some postures are adopted as a protective strategy and may reflect concerns regarding body vulnerability. Understanding the reasons behind preferred postures can be helpful.



4 **It is safe to adopt more comfortable postures**

Comfortable postures vary between individuals. Exploring different postures, including those frequently avoided, and changing habitual postures may provide symptomatic relief.

5 **The spine is robust and can be trusted**

The spine is a robust, adaptable structure, capable of safely moving and loading in a variety of postures. Common warnings to protect the spine are not evidence-informed and can lead to fear.

6 **Sitting is not dangerous**

Sitting down for more than 30 mins in one position is NOT dangerous. However, moving and changing positions can be helpful, and being physically active is important for your health.

7 **One size does not fit all**

Postural and movement screening does not prevent pain in the workplace. Preferred lifting styles are influenced by the naturally varying spinal curvatures and advice to adopt a specific posture or to brace the core is not evidence based.



For further information please consult your health professional or visit our website:
www.southtees.nhs.uk/services/back-pain-triage-and-treat/

Contact us

For further information please contact the Low Back Pain Triage and Treat Service:

Email: spinaltriageandtreat@nhs.net

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