



National Posture Institute
 Website: www.npionline.org
 Email: info@npionline.org
 Toll Free: 888-240-2914

Name: Steven Smith

Consultant: Mike Jones-NPI-Certified Posture Specialist

Date: _____

	<p>Note:</p> <ol style="list-style-type: none"> Note: your ideal postural position is in an imaginary gravity line passing through various structural landmarks. Incorporating the --National Posture Institute's Four Points of Posture Program™-- into our clients/patients program is essential for developing better posture, body alignment, muscular balance, and to prevent common back injuries.
	<p>Note:</p> <ol style="list-style-type: none"> Notice increased kyphotic (thoracic curve) in the middle figure and lordotic (lumbar curve) in the figure to the left. Sometimes you may come across individuals with a combination kyphosis, lordosis, and scoliosis.
	<p>Note:</p> <ol style="list-style-type: none"> In your first session, you'll want to learn about proper techniques in picking up weights and dumbbells from the floor. Posture is maintained while the hip, knee, and ankle joints are moving. The model's feet in this diagram are in a staggered stance position. The diagram below, the model's feet are parallel to each other. Teach the proper placement of feet, knee, and hip position to develop a solid base of support before lifting any object.
	<p>Note:</p> <ol style="list-style-type: none"> In educating individuals in proper lifting techniques, emphasize how these techniques apply to everyday situations, such as lifting groceries, brief cases, children, etc... When lifting objects, remind clients to stay within one plane, back injuries typically occur when lifting objects in multiplane positions while rotation occurs at the spine.
	<p>Note:</p> <ol style="list-style-type: none"> Maintain proper posture while sitting as well. Proper posture while sitting may reduce compression and shearing on the intervertebral disks and ligaments.
	<p>Note:</p> <ol style="list-style-type: none"> Notice how proper pillow placement may place the body in a more ideal sleeping position. NOTE: Often times clients will have pillows (too big) that place the spine (mainly cervical) in stressful positions.