• There is No correct posture
  Despite common posture beliefs, there is no strong evidence that one posture exists or that avoiding ‘incorrect’ postures will prevent back pain.

• 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.

• 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.

• 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.

• 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.

• 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.

• 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 to brace the core is not evidence based.
Please help us:
We need your comments, concerns complaints and compliments to deliver the best service possible. Please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the Patient Experience Team on 0800 783 5774, or email cdda-tr.PatientExperienceCDDFT@nhs.net.

We can make this information available in Braille, large print, audio or other languages on request.

References;
Neck pain – non-specific; NICE guidelines 2018