

POSTURE

Do you need help finding your best posture?

Is poor posture contributing to your pain?

Do you want to help your family improve their posture?

by **Filippa Minelli**



Asked to demonstrate optimal postural alignment, generally spines lengthen and shoulders draw back. Many of us are aware that posture is vital for good health. What is not well understood is how to physically realign ourselves towards our optimal posture. Considerably less is understood about the muscular system required to support this alignment.

Poor posture is often associated with slouching. It is referred to as, 'bad posture' and being upright as 'good posture'. However the answer is not simply an option between two choices. For most of us there are a vast range of postural orientations that we move through in one single day. We address your postural concerns as you present in the studio and in addition consider your long-term postural challenges.

Long-term postural change has occurred due to many reasons - stresses, injury, bad habits, scar tissue, pain, lack of awareness, pregnancy, repetitive movements, illness, disease, psychological and emotional issues. The accumulation of your historical events has left a physical imprint, and without you realising each event has likely modified your posture. Movement exercises specifically chosen for you promote postural change. They work at guiding your body's alignment back towards optimal posture, back towards optimal musculoskeletal health.

Many of us associate posture as a stationary position. Posture is not fixed but rather needs to travel with you. Postural awareness needs to be at the central focus of all your functional activities. Posture needs to consider how you sit, stand and move today, and this improves as we unlock what you did yesterday.

Book in for your assessments at Functional Pilates.

WHY FUNCTIONAL PILATES?



EXPERT ADVICE



CARE



REPUTATION



INDIVIDUALISED

Our quality strategy sets out our ambitions for ongoing improvement.

Our mission is to better the health of the people we serve by delivering exceptional care, teaching and current research in every class.

Our vision is for Functional Pilates, to be among the best and safest places to receive care.

FACT SHEETS



Fact Sheets inform you of the services available and common conditions we work with at Functional Pilates.

Fact Sheets can be downloaded from our website.

BLOGS



Blogs keep you up to date with the latest research and provide the education of movement in an easy-to-read format.

Read our blog posts on our website.

NEWSLETTER



Filippa can answer your questions and keep you up-to-date with current events research and blogs.

Four annual newsletters answer the questions that are important to you.

Subscribe to our newsletter via our website.