



- Dipl Remedial Therapist
- Ass.Dipl Massage Therapy
- Ass.Dipl Structural Balancing
- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine
- Certificate in Shiatsu
- Certificate in Tuina-Anno
- Certificate in Oriental Medicine Physical Diagnosis
- Certificate in Touch for Health
- Certificate in Set Tai
- Certificate in Hyperton-X Basic
- Certificate in Hyperton-X Advanced

## Hill End Therapeutic Centre Pty Ltd

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## CLIENT INFORMATION SHEET

### Back to Basics for

# BETTER POSTURE

**I**t's a fact that bad posture accounts for 80 per cent of all back problems experienced in the industrialized western world. When you consider that five million Australians suffer from chronic back pain, and that every year half a million new victims join the bad back club, there's good reason to start considering ways to improve your posture.

**O**ne of the major reasons there are so many sufferers of back pain is that the average Australian spends 14 hours of the day seated. But it's not just the fact that we are seated for such a long time that causes the pain, it's really the way we sit that's the problem.



**S**itting the way society has taught us has the following effects

- The body's centre of gravity passes through the lower back with enormous

force and requires that your lumbar region supports your entire body weight.

- As the spine is "C" shaped, the intervertebral discs will protrude and push against the spinal nerve causing anything from discomfort to uptight pain.



- Stomach muscles collapse and are unable to provide any support. Just trying to remain upright overworks the back muscles.
- Free breathing is inhibited by a closed chest.
- The digestive system is cramped which does not allow for easy and natural metabolism of food.

- Blood circulation is constricted causing lack of oxygen flow.

Mid afternoon fatigue and stiffness are the results of this. But don't be discouraged! Acquiring a healthy back and all the vitality that goes with it can be done with a little knowledge and determination. All you have to do is open the angle between your torso and thighs, which means standing up for your back at regular intervals throughout the day.



A good habit to get into is to get up periodically and stretch backwards and sideways. One good exercise, especially for the lumbar region, is to stand up straight and place the hands in the small of the back, then bend backwards as far as possible, keeping the knees straight. This extends the vertebrae and counteracts the effects of an unhealthy sitting position. A word of caution, **this exercise should not be carried out if you already have a flattened disc.**



Massage is also very worthwhile for back pain sufferers as it can relieve the tightness and the tension caused by poor posture. Of course, consistently good seating habits are probably the most important ingredient in the recipe for a healthy back. There are some very effectively designed chairs on the market these days that will ensure your seated posture is at an optimum. They are definitely worth investigating, particularly if you already suffer from back pain.

Taking some positive steps towards opening the angle between your torso and your thighs will ensure your centre of gravity moves forward taking the stress out of your lower back. Your spine takes on its true shape of an elongated "S" pro-