



THE CHARTERED SOCIETY  
OF PHYSIOTHERAPY

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**If you're worried about the way you look then chartered physiotherapists can offer a helping hand in the form of an instant makeover that will take seconds to implement but have lasting effects.**

Making three, simple postural changes can instantly change your figure and appearance allowing you to feel confident and boost your self-esteem. In addition to creating the illusion of a toned, fitter body, they also have long-term benefits in helping to ward off neck, shoulder and back aches and pains. NB: Breathe normally whilst carrying out these tips.

#### **Practise**

Practising these tips will not only help you look great in the short-term they can prevent the onset of aches and pains in your neck, shoulders and back in the long-term.

#### **Confidence**

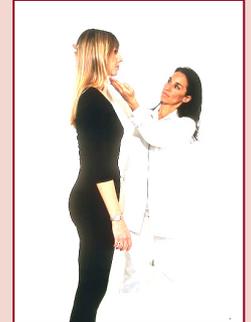
Correct posture can create the illusion of a better-looking body. Being confident about your appearance will also make you look and feel great.

NB: These tips are designed to improve your posture – not to replace regular exercise to improve your cardiovascular fitness or aid weight-loss. If you would like advice on your posture or if you feel discomfort in your back, neck and shoulders generally, or whilst carrying out these tips, contact your local chartered physiotherapist.

How to find a chartered physiotherapist – speak to your GP about a referral to your local physiotherapy service. Alternatively, visit [www.physio2u.org.uk](http://www.physio2u.org.uk) for a list of private practitioners in your area.

# Posture Perfect: physios' guide to an instant makeover!

## Tip 1: Stand tall



Stand evenly on two feet, keep your back straight, knees soft and buttocks squeezed. Imagine a string in the middle of your head pulling you tall. This should be your natural standing and walking posture.

Lengthening your spine and elongating your body will instantly add an inch or two to your height making you look longer and fitter. In addition to your clothes hanging better, this tip will reduce abdominal bulge and the possibility of low back pain.

## Tip 2: Don't slouch – keep your back straight



Many of us slump with our shoulders rolled forward – especially if seated at a computer for long periods. Stand or sit up straight, push your shoulder blades together and down.

Increasing the width between your shoulders can make your waist look thinner and a broader chest can make men look more masculine. The chance of neck and shoulder pain is also reduced.

## Tip 3: Tummy tuck (without surgery)



Whilst standing tall or sitting up straight, pull in your tummy muscles all the way then release by half so you can still feel them working. Hold this position for as long as you can.

Repeating this exercise often can help tone your abdominal muscles and reduce the possibility of low back pain.