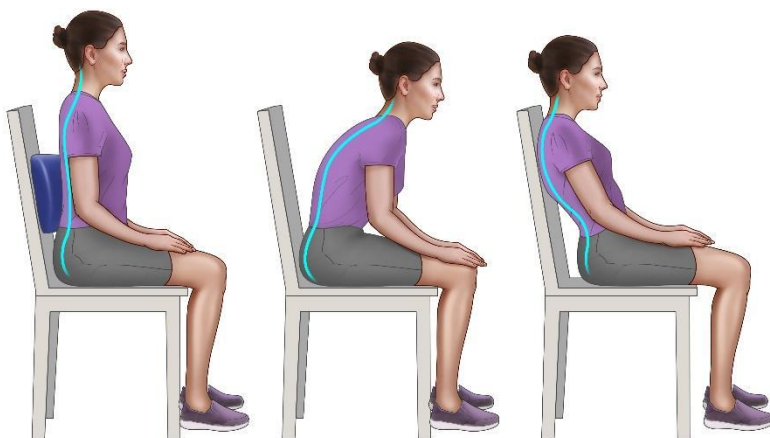


Improving Your Posture At Home

Use a lumbar support pillow to prevent slouching and alleviate back strain.

Good lumbar support relieves pressure on your spine, muscles, and joints and prevents pain.



Proper body alignment helps prevent pain and injury. To encourage good posture, stand with your head, shoulders, buttocks, and heels against a wall for 10 seconds at time 3-4 times a day. You can place your hands behind your back to deepen this stretch.

