

Stay Fit, Stay Healthy, Stay Happy

Walking Tall!



Children with Alström Syndrome tend to adopt a hunched posture in sitting and standing, presenting with a flexed posture in the trunk, rounded shoulders and flexed neck. This is partly due to decreased postural awareness and also due to the light sensitivity associated with the severe visual difficulties. It is important to encourage good posture at all times, as it protects your back and can improve your appearance and confidence.

**Good posture doesn't come overnight.
You have to work at it. Good posture is important.**

Here are a few ideas for standing posture:

- ◆ Your head, shoulders, hips, knees, and ankles should be in a line.
- ◆ Your shoulders should be square, not rounded or hunched forward
- ◆ Don't poke your chin out or drop your chin to your chest.
- ◆ Look straight ahead and tuck the chin in, by stretching up the back of your neck as you have been shown by the physiotherapist
- ◆ Hold your pelvis in mid-position with a slight hollow in the low back, don't stick out your bottom too much
- ◆ Keep your knees relaxed, don't lock them straight.
- ◆ Place your feet a few inches apart with your weight evenly distributed

If you have poor posture:

- ◆ Your bones are not properly in line with each other.
- ◆ More strain is felt in your muscles, joints and ligaments.
- ◆ You may feel muscular strain, tiredness and pain.
- ◆ Your muscles, tendons & ligaments may shorten into this bad posture
- ◆ This may then make changing & holding good posture harder work.
- ◆ If you improve your posture you can improve the condition of your spine, joints and muscles.

Good sitting posture

Make sure your lower back is supported by sitting well back in the chair.

Placing a rolled towel in your lower back may help you keep this posture.

Imagine a string attached to your head, pulling upwards, to stretch out your back. Shoulders slightly back and down, no hunching over.

Thighs should be supported and feet flat on the floor.

Try not to cross your legs or lean to one side.

You may find a sloping board on your desk may help stop you leaning over as much, bringing your work up to you.



Tips for good posture

- ◆ Try changing your position regularly, stretch your arms above your head and reach up to the sky every hour.
- ◆ Think about how you sit and walk, remember to sit and walk tall.
- ◆ Wear comfy and supportive shoes to support your feet and arches.
- ◆ Keep your weight down and try to exercise regularly.
- ◆ If you go swimming try back stroke instead of front crawl, it'll give your shoulders a good stretch.

Further Information

We hope the leaflet has helped you understand more about the importance of good posture. If you feel you need any more information or have any questions please ask your child's local physiotherapist or alternatively contact; Jemma Mears or Liz Wright on 0121 333 9480

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