

# Back pain management programme

## Posture

The term 'posture' describes the position of the body during any physical movement. A given posture is maintained by the combined actions of the muscles and ligaments, which support and stabilise the body.

Postural stress represents the largest single cause of back injury and back pain. The majority of routine activities we perform each day, both at work (leaning over work surfaces, lifting and pushing) and at home (driving, ironing, shopping and most other domestic chores) habitually involve the adoption of poor postures such as stooping, twisting and slouching. These movements place considerable stress upon the spinal elements, making them an increased risk of injury.

Postural stress can be measured. When compared with a normal erect stance, it can be seen that most commonly adopted postures place considerable strain on the back.

