

CONTENTS

Acknowledgments	v
Overview	vi
Disclaimer	vi
Introduction: Standing Tall: A Modern Challenge	1
Standing tall	2
A brief history of standing and walking	2
The challenge of standing tall today	3
PART 1 POSTURE THEORY	7
Chapter 1: Key Posture Concepts	8
Posture	9
Growth and development of standing tall	9
Posture and the three amigos: alignment, stability, and mobility	9
Posture imbalance	13
Long-term impact of posture imbalance	13
Chapter 2: Anatomy of Standing Tall: Bones, Joints, and Connective Tissues	16
Bones	17
Joints	18
Joint actions	18
Connective tissues	18
Essential components of the skeleton	20
The vertebral column and head	20
The shoulder girdle and upper limbs	21
The pelvis and lower limbs	22
Chapter 3: Anatomy of Moving Easy: Muscles	26
Muscles	27
Muscle structure	28
Muscle function	28
How muscles change in length and tension	29
The diaphragm and heart	30

PART 2 POSTURE ASSESSMENT AND ANALYSIS	33	Chapter 8: Improving Posture with Healthy Lifestyle Habits	75
Chapter 4: Posture Assessment	34	Sedentary habits	76
Alignment assessments	35	Sitting	76
Whole-body assessment of alignment in the sagittal and frontal planes	35	Lounging	77
Body segment assessment of alignment	36	Standing	77
Stability assessment	40	Using smartphones and other IT devices	78
Mobility assessment	42	Active living habits	78
Cardiovascular assessment	44	Walking	78
Chapter 5: Analysis of Posture and Goal Setting	45	Exercise	79
Relationships between alignment, stability, and mobility	46	Movement in daily living	79
Identifying relationships between alignment and fitness	47	Sports and other physical activities	82
PART 3 PLANNING AND CARRYING OUT A POSTURE PROGRAM	51	Self-care habits	82
Chapter 6: Improving Posture with Mind-Body Awareness	52	Sleeping habits	82
Standing awareness	53	Stress-coping habits	84
Sitting awareness	54	Eating habits and maintaining a healthy weight	84
Walking awareness	55	Chapter 9 Carrying Out and Evaluating Your Posture Program	87
Awareness of efficient leg movement from the hip joint	56	Making progress	88
Awareness of efficient arm movement from the shoulder joint	56	Weeks one to four	88
Breathing awareness	57	Weeks four to eight	88
Consequences of ignoring posture signals	58	Posture reassessment	89
Chapter 7: Improving Posture with Exercise	60	Future challenges to your posture	90
Key concepts and definitions	61	Moving forward	91
Preparing to exercise	61	Closing Thoughts	92
Cardiovascular fitness plan	64	A model for maintaining your best posture	92
Stability workout plan	65	My hopes for you	92
Mobility workout plan	68	Glossary	93
Relaxation plan	71	Bibliography	94
		Index	96