



WHICH POSTURE ARE YOU?



Mums and Balancing Priorities

There's no doubt that pregnant mums and mums with young babies carry a heavy burden – literally.

As we tend to our daily activities, posture is the last thing on our minds. Unfortunately, this can often lead to every day tasks – such as housework and social interaction – being performed in ways that are physically taxing to our health and our posture.

While postural issues don't always manifest themselves in a manner that allow us to easily recognise we have them, back pain can be a clear sign that you may need to have your posture assessed.

Approximately 70% of women will, at some time in their lives, report low back pain. And during pregnancy, while 50–80% of women have reported back pain, one-third of pregnant women claim this low back pain is a significant problem [6].

Common Posture Problems

- Uneven hips
- Forward Head Posture
- Dowager's Hump (or increased kyphosis)
- Pelvis Forward (or increased lordosis)

Taking Action

The good news is that postural issues can be corrected, and even in some instances reversed. [39, 40]

For information about posture problems, as well as some tips to address them, speak to your CAA Chiropractor, or visit www.whatsyourposture.com.au

*Find out more about **Mums and Balancing Priorities** at
www.whatsyourposture.com.au/mums*