

# andrew aitken massage

REMEDIAL &  
STRUCTURAL  
BODYWORK

“Andrew is extremely knowledgeable and tuned in to his client”

## The importance of posture

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Our bodies are designed to stand erect in the ‘Anatomical Position’. The further our bodies deviate from this ideal position, the greater the likelihood of things going wrong internally and externally.

Problems can range from physical pain and restriction throughout the body to compromising the transfer of nutrients and removal of waste from every cell in our body.

The reality is that almost nobody has this perfect posture. In fact many people find it very awkward to hold and maintain this ‘ideal’ for any length of time. For some it can actually be quite painful.

### Why does this happen?

For most people, everyday life is filled with commonly repeated positions that we put our bodies into over and over again. Week after week, month after month, year after year our bodies tighten and adapt to being in these positions. In other words, we develop ‘postural habits’.

Some people are born with structural misalignments. Often, in these cases, trying to achieve the ‘perfect’ posture can actually cause more harm than good.

Whatever the reason for poor posture, anatomical perfection is often an unrealistic goal. For the majority of us, ‘functional correctness’ is far more attainable and far more effective in providing pain-free daily living.

Even if you feel that your posture has not been very good for many years, structural bodywork, along with advice on changing your daily habits, can be very successful in helping to achieve long-lasting and effective improvement in posture.

### Try this at home

In bare feet, stand against a wall with your heels against the skirting board. Stand straight and flatten your back into the wall as much as you can, then push your shoulders back to touch the wall. Now put your head back so that it too is touching the wall, but drop your chin so that you are looking straight ahead and not up at the ceiling. Now this is the hard bit. Hold that position and take a step forward.

Does it feel easy or awkward? This is Anatomical Position. Do you need to improve your posture?

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