

Postural Syndrome

Diagnosis Explanation:

Postural Syndrome occurs when **poor posture** leads to **muscle imbalances, strain, and joint dysfunction**, commonly affecting the **neck, upper back, and lower back**. It results from **prolonged sitting, slouching, forward head posture, or repetitive strain**. Symptoms include **aching pain, stiffness, headaches, muscle fatigue, and reduced mobility**, often worsening with **long periods of sitting or standing in one position**.

Specific Work Modifications:

- **If your job requires standing or walking:** Maintain **good posture**, keep **shoulders relaxed**, and take **breaks to stretch**.
- **If your job involves lifting:** Avoid **hunching forward**; engage **core muscles** and use proper lifting techniques.
- **If your job is desk-based:** Adjust your **monitor to eye level**, keep **feet flat on the floor**, use **a chair with lumbar support**, and take **breaks every 30 minutes** to stand and stretch.
- **Avoid:** Slouching, prolonged sitting or standing, and repetitive movements without breaks.

Specific Activity Modifications:

- **If you run or play sports:** Focus on **core and posture exercises** to prevent muscle imbalances.
- **If you do yoga or Pilates:** Incorporate **posture-correcting exercises** like **chest openers and spinal extensions**.
- **If you do weightlifting:** Avoid **heavy loads with poor posture**; emphasize **scapular stability and core engagement**.
- **Avoid:** Prolonged poor posture, excessive forward head position, and activities that reinforce imbalances.

Recommended Supplements:

- **Magnesium** - 300-400mg daily to relax muscles and reduce tension.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Vitamin D3 + Calcium** - 1000 IU/500mg daily to support spinal and muscle health.
- **Collagen Peptides** - 10g daily for joint and connective tissue support.
- **Turmeric (Curcumin)** - 500-1000mg daily for anti-inflammatory effects.

Recommended Nutrition and Hydration:

- **Eat Anti-Inflammatory Foods** (salmon, leafy greens, turmeric, berries, nuts) to

reduce muscle stiffness.

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support muscle repair.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain tissue flexibility.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to prevent muscle tightness and improve circulation.

Home Exercise Prescription (Postural Correction Program)

Early Phase (0-2 Weeks, Reducing Pain & Improving Awareness):

- **Chin Tucks** - Tuck chin straight back, hold **5 seconds**, repeat **10 reps, 3x/day**.
- **Wall Angels** - Stand against a wall, raise arms up and down, **10 reps, 2x/day**.
- **Upper Trap Stretch** - Tilt head to the side, hold **20 seconds**, repeat **3x/day**.
- **Thoracic Extension Stretch (Using a Chair)** - Place hands behind head, gently arch backward, hold **10 seconds, 3x/day**.

Strengthening Phase (2-6 Weeks, Restoring Muscle Balance):

- **Scapular Retractions** - Pull shoulder blades back and down, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Seated Rows (Resistance Band)** - Pull band toward chest, keeping elbows close, **10 reps, 2x/day**.
- **Plank (Modified if Needed)** - Hold **10-20 seconds**, increase gradually.

Advanced Phase (6+ Weeks, Preventing Recurrence & Enhancing Stability):

- **Dead Bug Exercise** - Lie on back, extend opposite arm and leg, **10 reps, 2x/day**.
- **Side Planks (Modified if Needed)** - Hold **10-20 seconds**, increase gradually.
- **Foam Rolling for Upper Back** - Gently roll on a foam roller, **1-2 minutes, 2x/day**.

Helpful Books:

1. *The New Rules of Posture: How to Sit, Stand, and Move in the Modern World* - Mary Bond.
2. *8 Steps to a Pain-Free Back* - Esther Gokhale (posture correction methods for daily life).

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Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.