



## Posture

Good posture is important for various reasons, and it is because of this, that physios are persistent nags. Static posture is the body's tissue tension, joint position and muscle tone at rest, and ideally, distributes body weight so that it is in balance with the force of gravity. Dynamic posture is the position of minimal effort and maximum efficiency which adapts continually during movement. Good posture reduces strain on the body, and enhances the body's performance by increasing strength, flexibility and balance.