

Posture Myths

Body & health

What the evidence supports about posture, and what it does not.

Not well supported

- One correct sitting posture exists
- Slouching causes back pain by itself
- Standing desks prevent back pain
- Posture correctors fix anything
- Spinal alignment must be perfect

Better supported

- Static positions of any kind cause discomfort
- Frequent movement matters more than position
- Strength and fitness reduce back pain risk
- Sleep and stress affect pain
- Load management beats posture correction

THE DIFFERENCE THAT MATTERS

The problem is duration, not shape. Any position held for three hours becomes uncomfortable.

Educational reference. Back pain with numbness, weakness or bladder changes needs urgent medical assessment.