

I have 7 important tips that you can use in 7 scenarios from everyday life. These are all small adjustments that can make a big difference in your postural alignment and overall health and wellness TODAY!

Tip 1: Standing Alignment



Your typical standing posture should consist of your feet shoulder-width and toes pointed forward. Your spine should be neutral and your pelvis tucked just a bit. Your chin should be parallel to the ground. When you do things like lean on something and rest all your weight on one leg (like when standing in line), you actually are jeopardizing your alignment without even realizing it. Maintaining proper standing alignment as much as possible will be hugely beneficial for your overall alignment.



One problem people face when seated is they point their legs outward, which actually shortens the I.T. band, and therefore pulls the kneecap out of alignment. To alleviate this, you should sit with your feet parallel in a neutral spine. Your legs can extend outward, just make sure your toes are pointed forward. If your toes are pointed outward, you risk having the aforementioned issues with your I.T. band and kneecap.

Feet parallel

Weight underneath

Spine neutral

Curve in low back (main sign)

Tip 2: Seated Alignment



When seated in your car, your right leg is extended to operate the pedals. Your left leg typically is tucked back and is, again, hanging out to the side. This again is a problem for that I.T. band. Try to keep your toes pointed straight in front of you. Don't let them dangle out to the side. This shortens the lateral quad muscles which ends up pulling your patella away from where it should be.

You also want to actually be seated closer to the wheel. A lot of people hang back and slouch, but that can create a lot of back and neck discomfort later.

Tip 3: Driving Alignment



One technique I recommend is to bring in a towel with you. Wrap it up and you can actually rest your heels on it when you sit. The cushion actually also creates a cushion in your knees. It also creates a mental cue to remember to focus on your knees and make sure they're in alignment while sitting in your chair. Remember, don't sit positions that torque your knees, and sit with your knees in front of you.

Tip 4: Office Seated Alignment



Get to the edge of the chair and then use either the chair or knees for leverage. A lot of people, as they're about to stand, bring their feet in too closely, and end up putting too much pressure on their knees when standing up, because their knees are over their toes.

Instead, align your knees and toes and lean forward while keeping your back straight and push off. Remember, don't shift your weight forward; make sure your weight stays in your heels, not your toes.

Tip 5: Sitting to Standing Alignment



Try walking a few steps and pay attention to where your toes are pointed. Are they pointed outward? If so, you're not alone: this is a problem with a lot of people, and it all goes back to what we've been talking about with regards to postural alignment. You don't want your patella pulled out of place. Your toes should be pointed forward, or possibly slightly pointed outward.

Tip 6: Walking Alignment

Tip 7: Sleeping Alignment



I learned this tip while studying traditional Chinese medicine, and it really works well for improving positional alignment while sleeping as well as rejuvenates you.

One thing to mention before we start: you should never sleep on your stomach. You should sleep on either your back or your side.

If you're a back-sleeper, lay on your back with your head on a pillow. Take one or two pillows and place them under your knees. Notice if you don't have the pillows, your knees are straight and are therefore blocking blood flow as well as the meridians (basically the "energy highway" throughout your body). Your hands can rest comfortably over your stomach or on your sides if you prefer.

If you prefer sleeping on your side, take a pillow and place it between your ankle and knee. The benefit here is you're not lying with one knee on top of the other, which can result in them grinding against each other throughout the night. Lay your head on a pillow as you would typically do, and then take a third pillow and place it over your chest and lay your arm over it (we call this the "huggy pillow!"). Chinese medicine teaches us this is the optimal position to allow meridians to flow freely as we sleep.