

## **UPON Method of Posture**

### **UPON: Upright, Proud, Open, Neutral**

The acronym UPON reflects the four basic elements of good posture. These postural elements can all be observed very easily in the standing position.

UPRIGHT refers to head position. A forward head position is common in modern people often associated with a hyperkyphosis of the thoracic spine. Symptoms may include neck pain, headaches, and jaw problems. A well aligned head position situates the head over the central line (good to have a diagram here).

PROUD refers to chest position. A collapsed posture is characterized by a sunken chest, tight shortened diaphragm, hyperkyphosis of the thoracic spine and internally rotated shoulders. Symptoms may include poor breathing capacity, and upper back and shoulder tension. You can observe proud chest position in well trained people such as athletes, yoga teachers and dancers for example, because they have the strength and condition of the back and chest muscles to hold that position.

OPEN refers to openness through the chest and shoulders. Though the human posture has a natural internal rotation of the humerus, in most people this is exaggerated appearing as rounded shoulders. Symptoms may include shoulder injuries or dysfunctions, arm injuries, tight upper chest muscles. Any activity that involves chronic internal rotation of the humerus such as the use of modern devices such as phones, computers and steering wheels may contribute to closed shoulders.

NEUTRAL refers to the movement of the pelvis. The pelvis moves in several planes including anterior to posterior. Neutral pelvis is a feeling of how the pelvis moves and an awareness of where the pelvis sits for optimal core muscle activation and strength. (a diagram would be good here)

The human pelvis has a natural slight anterior tilt. For people who do a lot of sitting, the pelvis may be profoundly anteriorly tilted. Symptoms include exaggerated lumbar lordosis, lower back pain, injuries or dysfunctions, tight leg muscles.