

What Is a bad Posture?

Bad posture occurs when the body's alignment is off, especially during **long working hours** and extended tasks like **browsing**. Common types include **slumping forward, hunching the shoulders, and craning the neck** (“text neck”).

Common Symptoms Experienced



Regular neck or upper back pain



A stiff, tight feeling across the shoulders



Tingling or numb hands and fingers



Recurring headaches



Fatigue, especially by the end of the workday

Why Does This Happen?

Certain muscles—sometimes called “mischief maker muscles”—get overworked while others weaken.

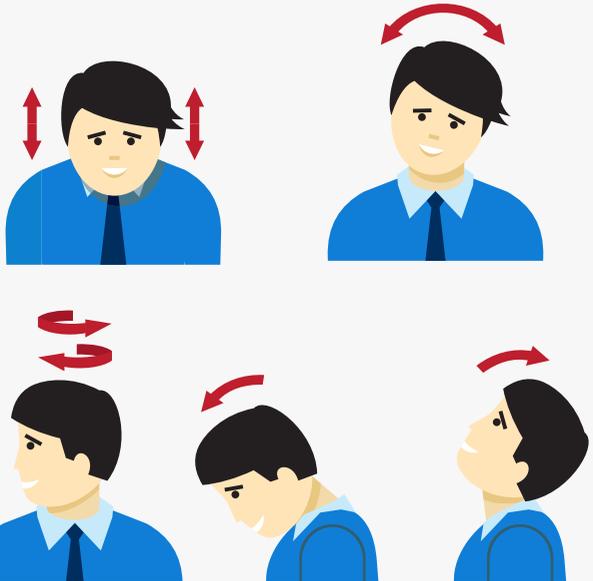
For example, constantly bending the neck forward to look at a screen creates “text neck syndrome.” Working long hours without proper breaks or ergonomics increases the risk of persistent pain and even nerve irritation.

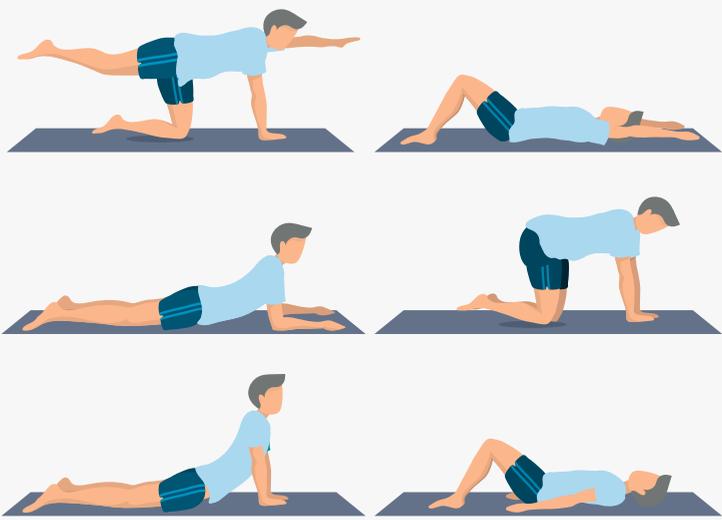
Practical Remedies for IT Professionals

There are simple, everyday actions you can take to combat poor posture:

Prone Neck Stretches, spinal correction twists and head tilts:

Regular stretching for the **neck and upper back** can relieve tension.





Corrective Asanas:

Practicing **yoga asanas** can improve spinal alignment and posture. **Cat and cow poses, salabhasana, sarpasana, bhujangasana, ooshtrasana, ardha matsyendrasana** help to stretch the **back and chest muscles**, thereby **correct the posture**



Massage Hacks:

Gentle self-massage or professional massages (**like oil massages**) eases tight muscles, by releasing the **knots and sprains**



Workstation Tips:

Avoid habits like **hanging your head down** for long periods, **lying down to watch TV**, or **working from the bed** with multiple pillows.

“Don’ts” for Better Posture

Don’t ignore warning signs like constant pain or stiffness.

Avoid working in positions that put strain on your neck or upper back, such as sitting on the bed to work.

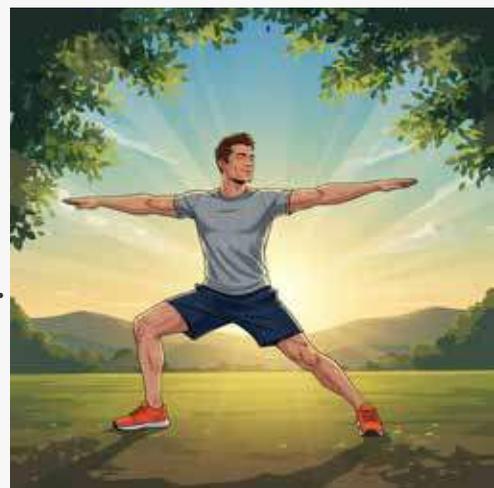
Limit screen time in non-ergonomic settings and avoid using multiple pillows.

Along with the above, try incorporating these habits into your daily routine:

Spend some time in **natural sunlight**.

Exercise regularly, within your comfort and capacity.

Aim for **regular oil massages** to maintain healthy, **flexible muscles**.



Remember, to **“Chest up and chin in”**

Bad working postures are common, but with **simple awareness** and **daily habits**, you can **protect your health** and **stay comfortable at work**

For doubts and queries, please reach out:

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