

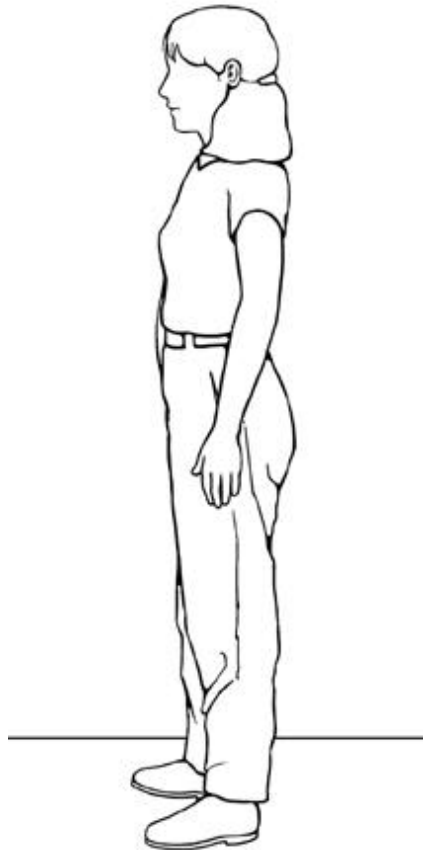
## Posture

### Sitting



- Sit in a firm chair.
- Keep the normal curves of the back.
- If the chair does not support your lower back, sit with a small cushion or towel roll to support your lower back.
- Keep your feet flat on the floor.
- Keep your ears, shoulders, and hips in a straight line.

### Standing



- Keep the normal curves of your back.
- Stand with your shoulders, hips and ankles in a straight line.
- For prolonged standing, put one leg on a stool.