The Benefits Of A Good Posture For Patients With Cystic Fibrosis

Information leaflet for Patients and Parents/Carers
The Benefits Of A Good Posture In Cystic Fibrosis

One of the most important parts of the management of Cystic Fibrosis (CF) is the physical treatment. This does not only involve keeping the lungs clear through regular chest physiotherapy and exercise, but it is also helpful to ensure that a good posture is maintained.

What Is Posture?

‘Posture’ means the way you hold yourself when sitting, standing, lying down or moving around.

What Is A Good Posture?

The spinal column is not a straight structure but curved to give an ‘S’ shape. There are three curves which are shown in the picture (right). An ideal posture will ensure that all the curves are preserved in place.

Why Is It Important To Have A Good Posture?

Poor posture changes the way the body moves. If the correct balance of the body is not maintained, this can cause extra strain to be placed on your joints and soft tissues (muscles, tendons, ligaments and nerves). Over a period of time if this poor posture is not corrected the soft tissues will shorten and adapt to the preferred posture. This can lead to back pain.

Why Is A Good Posture More Important For Patients With CF?

Many children with CF will tend to adopt a curved position during coughing episodes or when they are short of breath as they find it easier to breathe that way. This may cause stiffness and pain in the ribs which can lead to an increase in the work of breathing and make airway clearance and exercise harder to perform.

What Are Examples Of A Bad Posture?

• Slumping in your chair.
• Hunching your shoulders forward.
What Is A Good Sitting Posture?

- Sitting well back in the chair making sure your low back is well supported.
- Imagine a string attached to your head, pulling upwards.
- Shoulders slightly back and down and relaxed.
- Thighs should be supported with knees and ankles at right angles and feet flat on the floor.
- Do not cross your legs or lean to one side.

What Is A Good Standing Posture?

- Imagine a string attached to your head, pulling upwards.
- Weight bearing equally on both feet.
- Standing with the ankles, knees, hips and shoulders directly one above the other.
- Shoulders held back in a relaxed posture.

Recommendations To Encourage A Good Posture

- **Bags** – when carrying a bag to school the best option is a rucksack. This should be carried on both shoulders and the straps adjusted so that the bag sits close to the back and the weight is evenly distributed.

- **Exercise** – regular exercise is encouraged to help maintain a good posture as well as increasing muscle strength, improving general fitness and helping to keep the lungs clear.

- **Move around** – staying in one position for a long time is not good for your spine. It is advisable not to sit in one position (for example on the computer) for longer than 40 minutes without having a break to do something else.

- **Sitting posture** – when sitting make sure that a good sitting posture is adopted.
• Pain – if you have any concerns relating to posture or back pain then your Physiotherapist will be able to offer you advice.

Contact Details
If you need any help and advice please contact your Physiotherapist on telephone number 0161 701 5177.

The department is open Monday to Friday 8.30 am to 4.30 pm.

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