Our understanding of the human body is limited. We can agree that the spinal load of various postures can cause injury. Understanding spinal loading across various daily postures is critical to prevent injury from spinal loads. In this literal review we want to explore different studies that should guide our understanding of the simulations and evaluation work for our project using Open Sim. Each paper should contribute to the different insights on posture, spine modeling and simulation techniques. These articles should support our aim to quantify lumbar loading across common postures and spinal loads.