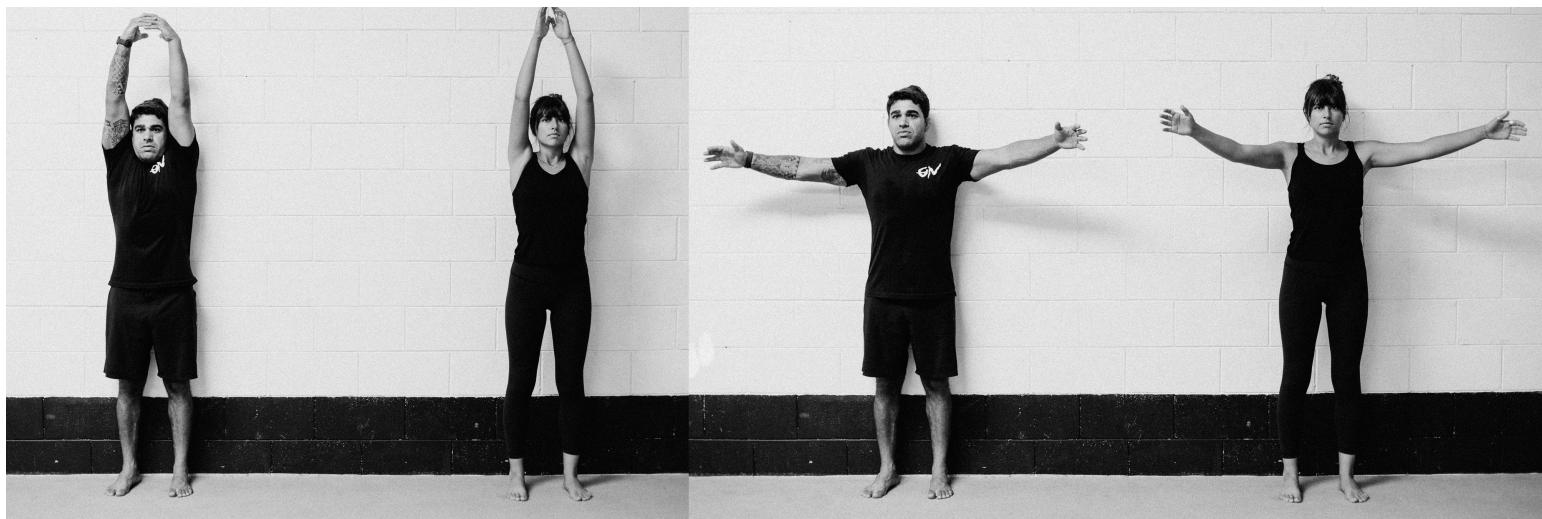


- The hips and pelvis should be level, facing straight ahead, and aligned over the top of the knees.
- The shoulders need to be level, with the shoulder blades down and back, which will allow them to align with the hips. Let your chest rise upward and outward.
- The head should be directly over the shoulders, the chin level with the floor and the eyes looking out to an imaginary horizon. Imagine a string with a large balloon tied to the top of your head. Let the balloon gently lift and elongate the spine.
- When in motion, maintain as many of the above tips as possible. When aligned properly, we are using our body in its most efficient way.



“It’s important to remember that a static posture becomes a posture in motion.”

“To reset your upper body posture, try this simple movement (illustrated above): reach up with both arms as high as possible. Next, slowly and smoothly lower them down while focusing on extending them outward as far as you can. When they are lowered to your sides, notice how your chest has been opened up and your shoulders have been pushed back. That’s how you should be standing at all times.”

### **Seated Alignment**

“The majority of us spend a significant portion of our daily lives sitting down. This means that the seated position is a huge opportunity for us to be working on improving our alignment through correct posture.”

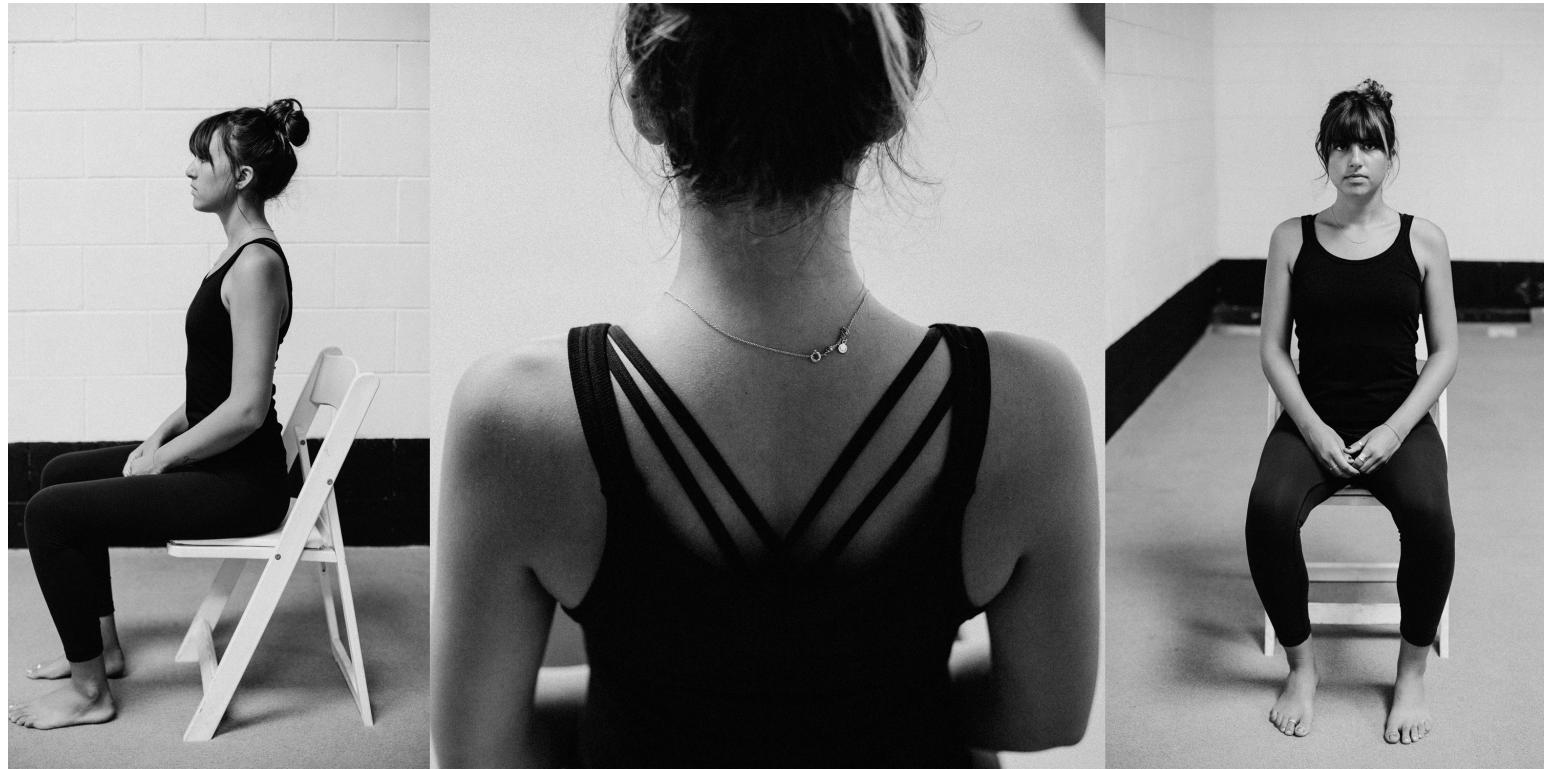


An example of poor seated posture. Notice the forward head position, the rolling of the shoulders and spine, and the splaying of the knees outward.

- The head should be upright, not tilted forward. Doing so places undue stress on the neck and back. By lifting the head up, pressure is taken off the spine and allows the shoulders to move into their correct position.
- The shoulders should be back, not rolled forward. This allows the chest to open up. Often times, the rolling forward of the shoulders is subconscious. To correct this behavior, focus on bringing your shoulder blades together — this will open up your chest.
- The spine should be as straight as possible. As with the shoulders, try not to let it round forward. When this happens, recognize it and adjust accordingly.
- If your upper body is aligned properly, the weight in your hips should be balanced accordingly. If you are rounded forward, you will be able to feel it in a tightening of your hips. Even with correct upper body alignment, extended periods of sitting will cause the hips to tighten. This is a natural response to the shortening of those muscles when in that position. For this reason, those of us who sit for long periods should take care to stretch our hips often.
- The knees should be aligned with the shoulders and directly point forward. A simple

way to check this is by noticing your shins. Are they pointing directly upward, or are they angled either in or out? If the latter, notice this and adjust.

- The feet should be firmly planted and aligned with the ankles and knees. If pointed outward, adjust so that the toes are pointed forward.



Correct seated posture: head upright, shoulders back, spine straight, and legs in alignment.

### **Walking Alignment**

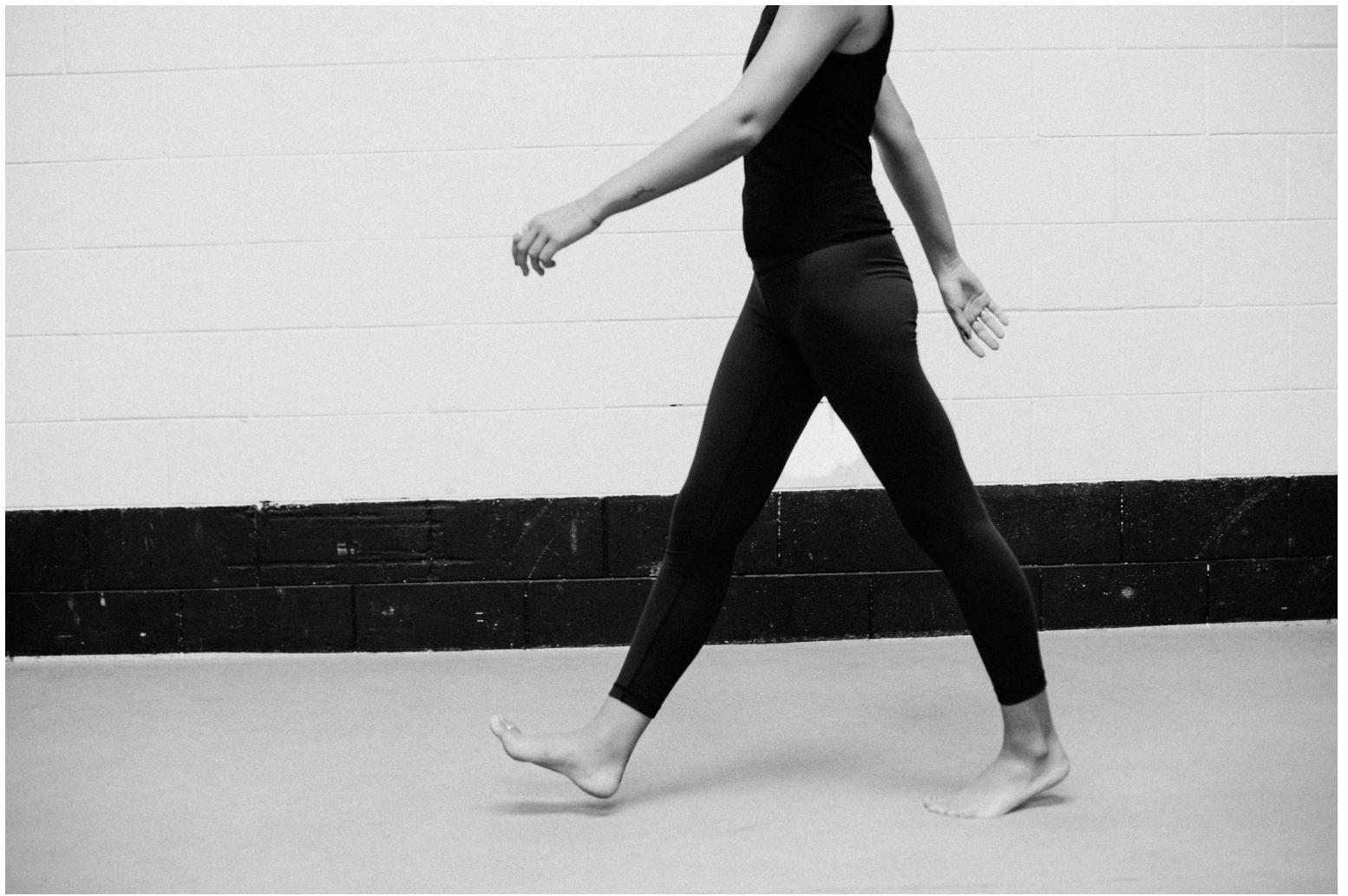
“While it may not seem like something you need to think about, the truth is that many of us disrupt our alignment through poor walking form. Fortunately, there are only a few key areas that need to be adjusted in order to see significant improvements.”



Note the absence of the “pull” forward with the front foot. This indicates improper weight distribution and inefficiency of movement.

Be aware of where your toes are pointing as you walk. You want them pointing forward, not outward.

- Every person has their own unique foot strike. Even so, there are basic practices to be aware of in order to improve your posture. When walking, focus on two actions simultaneously: pushing off with the toes of your back foot, and pulling forward with the heel of your front foot. Many of us neglect this action, instead favoring either the push or the pull. Balancing the two will produce optimal alignment while in motion.
- While striking, notice where the toes are pointing. The toes should be facing straight ahead (0-15 degrees) and closely aligned with the direction the nose is pointing. Focus on having toes, knees and hips in vertical alignment throughout each step.
- Weight should be distributed evenly between the feet rather than on either the front or back foot. In doing so, this will ensure that the upper body is balanced properly and not being forced out of alignment by gravity.



A corrected gait: weight centered, toes pointed forward, and a balanced push/pull between each foot.

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ALIGNMENT

DR. TIM BROWN

POSTURE

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JUSTIN CASE 6 hours ago

Surfers held hostage, Week 3. My mind is numb from all of the surf videos, and I'm not sure if I can take any more stay at home surfing workout videos.

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OceanSon · 19 hours ago · edited

The mind likes to wander -- much to the detriment of posture, gait and all of the other nuances outlined in this sensible article. It doesn't last long or sink in if I can't effectively split my foci between "movement/posture forethought and training" and all the other important motivating thoughts going on in the head (tactical stuff like making money, dealing with people, way-finding and other primary needs). When those thoughts come to the fore, that sort of yogic fine-tuning can't compete, and is forgotten. I've often underestimated the sustained level of background awareness needed to correct over/under-compensations in walking, standing or sitting, which can be a more daunting challenge than confronting a piece of gym equipment or executing a perfect rep in a controlled environment.

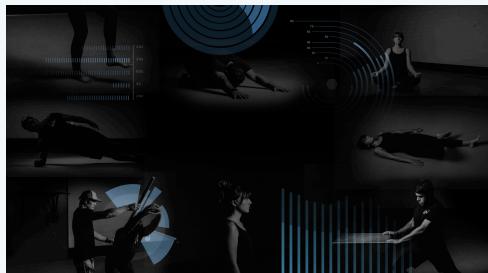
One of the hardest things is keeping up an ambient level of directed awareness toward the alignment technique over hours and weeks -- yea, patiently waiting for brain cells to eventually rededicate their energies to numerous muscle-memory revisions. Until it settles into second nature, the changes can ripple and chain-react into other areas of the body, revealing new weaknesses, which then also need to go through their own custom muscle-memory reconditioning process.

It's easy to forget to focus in this transitional phase because it is also boring. But then one day you innately notice a "3-point balance" is radiating through the feet, or the effortless "drape" of correct posture subtly showing a commanding presence at the computer (there's a certain lightness to it when all the elements come together). Dedication and concentration begets delayed gratification, and I think it can take some of us a very long time for all the best practices to take hold in the everyday world full of priorities and distractions.

Apart from what's mentioned in the article, I might recommend working on ambidexterity -- learning how to fluidly and powerfully use your weak hand/foot/side to do anything -- at the cutting board, throwing/kicking a ball accurately, penning your signature as well as your strong hand (it starts off all "Flowers for Algernon" provoking the urge to give up), or even brushing your teeth effectively. Even taking the cork out of a wine bottle becomes a total PITA. It's annoying, yet fun. I consider it a backup plan for future injuries to the most-favored fingers, hand, arm, foot, etc.

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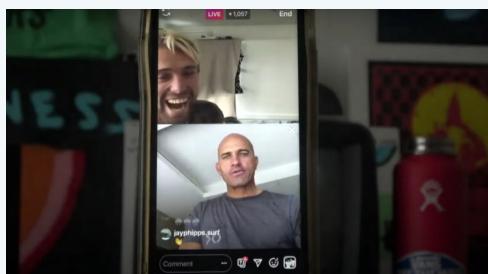
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