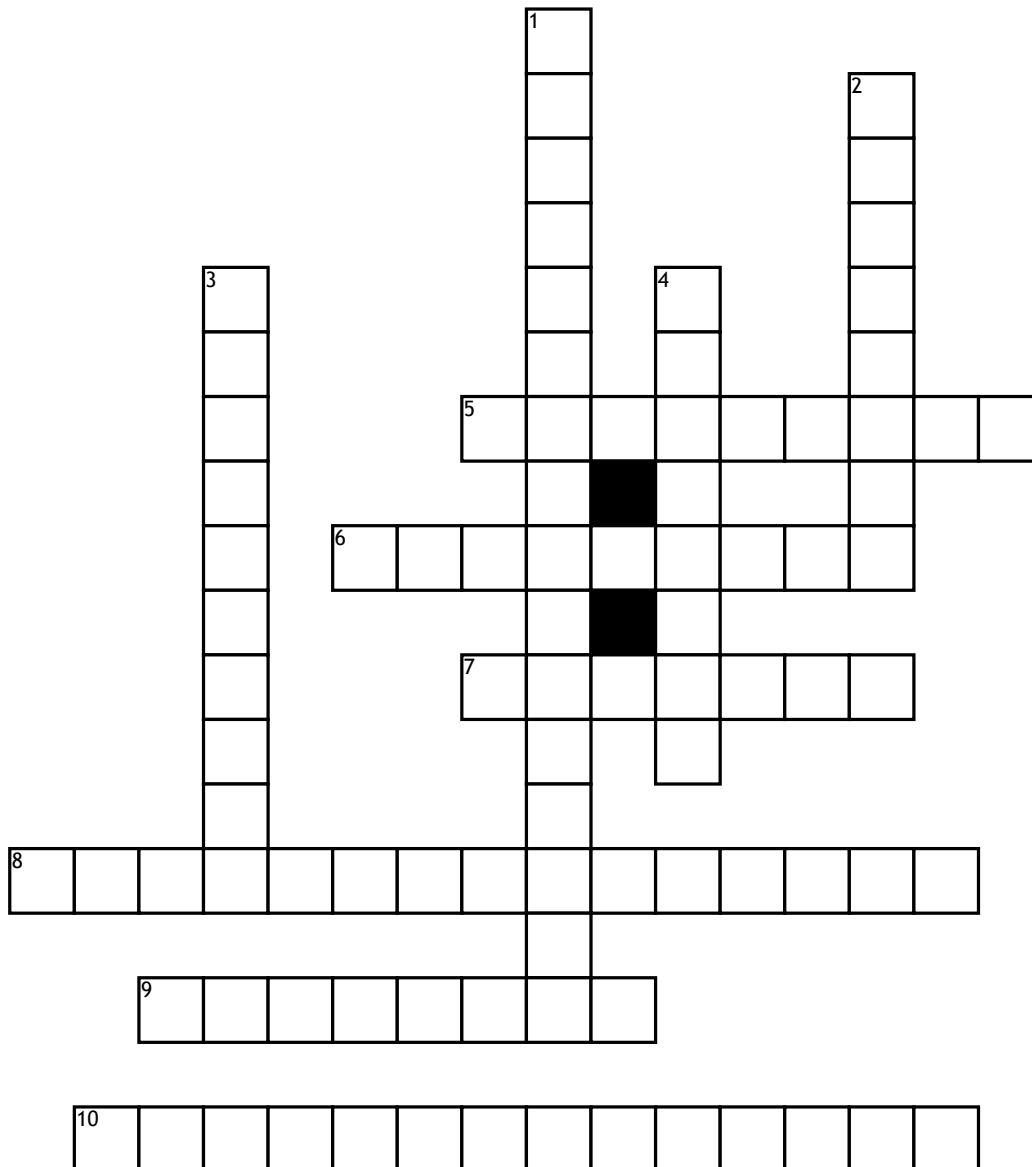


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# posture and causes of poor posture



## Across

- 5. factors that you have control over that can cause injury
- 6. bending of the spine from side to side
- 7. cause of poor posture
- 8. doesnt always cause discomfort but over time this can cause strain on your back
- 9. Lack of this can lead to a sedentary lifestyle resulting in poor posture

- 10. over stretching of the muscles of the upper back

## Down

- 1. psychosocial factors such as job/work load can lead to poor posture
- 2. outward curve at the top of the spine
- 3. rising of the pelvis
- 4. inward bending of the spine at the lower back