



STRAIGHT TALK ON POSTURE

Scoliosis & Posture: 3 Quick Tips

A physiotherapist's take on posture, effort, and your spine.

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“Sit up straight” is not treatment

“How's my posture?” is one of the most common questions adults with scoliosis ask — usually because someone, somewhere, has told them to just sit up straighter. Here's the problem with that advice:

Telling someone to “just fix their posture” is not treatment. Scoliosis is a structural curve, not a slouching habit.

No amount of willpower holds a 3D curve in one shape all day, and it was never going to. That doesn't mean posture is irrelevant — it means the advice needs a better reframe.

Why “perfect posture” backfires

Bracing yourself into “perfect” all day isn't discipline — it's a low-level workout your bigger muscles were never built to sustain, while the smaller support muscles that should share the load barely get used. You end up tired, tight, and sore, and no closer to “fixed.” Because there was never anything to fix by sitting still.



KEY REFRAME

Good posture isn't a shape you hold. It's whatever costs the least effort and still feels supported — and it changes as your day does.

What actually helps

- 1 Borrow support, don't brace**
Let the chair, armrest, or cushion do some of the work. Your muscles don't need to run the whole shift alone.
- 2 Ditch the fixed pose**
Use a soft reset like “soft ribs, easy breath, tall but relaxed” instead of locking into one shape.
- 3 Move before you stall**
Shift position every 30–60 minutes. Movement beats “perfect” every time.

THERE'S MORE WHERE THIS CAME FROM

Want the fuller picture?

This is one piece of what I want every adult with scoliosis to know. There's more — why most curves don't need surgery, why yours almost certainly wasn't caused by “sitting wrong,” and why asking questions makes you an engaged patient, not a difficult one. They're all in *Adult Scoliosis: A Practical Self-Management Guide*.

[Get the full guide →](#)

No pressure — this page holds up on its own. The full guide is there when you're ready to go deeper.



About Felicia

Felicia Wong is an AHPRA-registered physiotherapist with 11+ years of clinical experience, focused on adult scoliosis care since 2021. Follow @felicia.physio for more evidence-based scoliosis care.

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