What’s a neutral spine?
You probably hear this term thrown around a lot, especially if you’re doing weight training or a Pilates-type class. Here’s a quick overview of what a neutral spine/perfect posture really means, and why you should apply it!

What does it look like?
Our spine naturally curves in 3 different spots—at the neck, the upper back, and the lower back. To maintain a neutral spine means to keep it in its natural position, not an up-and-down perfect straight line!

If you’re lying face up on the floor with your legs straight out, your ribcage should be touching the floor and you should have a small gap between the floor and your lower spine, which you may be able to put your hand under.

Why is it important to have a neutral spine?
The neutral spine position protects your back during movement and prevents back pain later. For example, if you’re lifting an object you want to keep your back in its normal position and bend in the legs instead.

When is it important to have a neutral spine?
Sitting, standing, and just about any activity! Obviously, as you move through an exercise the alignment of your spine will change, and that’s not always a bad thing. As long as you are returning to neutral position, you are A-OK!

Will keeping a neutral spine help with back pain?
Long and short answer, yes. It reduces the overall stress on all your vertebrae that you might get from holding an unnatural position. If you’re feeling tight or uncomfortable when trying to find a neutral spine posture, do some gentle stretches and strengthening exercises!