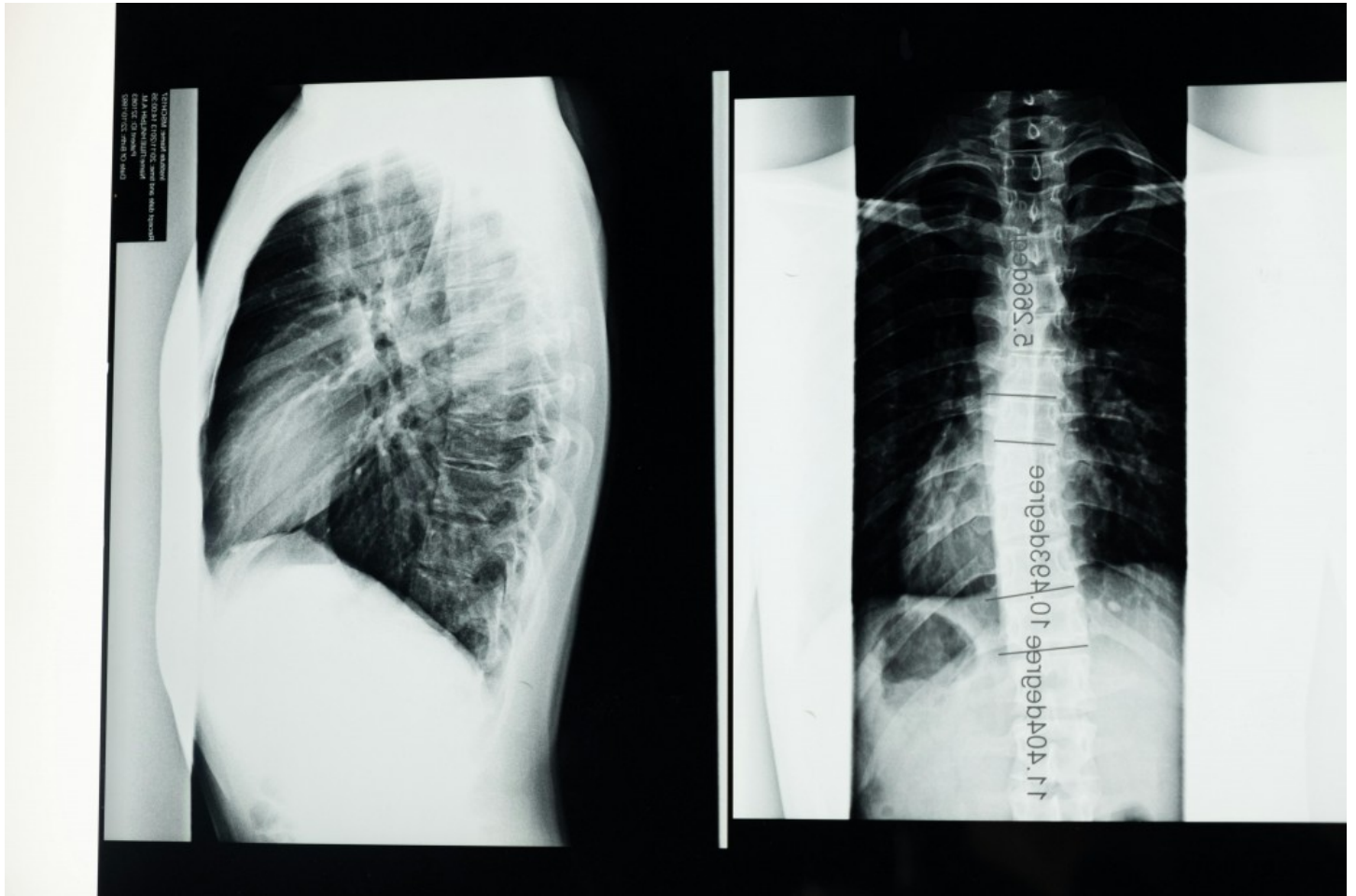


The Silent Effects of Poor Posture: Dr. Mansoor Mohammed Kassim Warns Against the Long-Term Risks



Muscat, Masqat Mar 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Poor posture is no longer just a minor inconvenience—it's a growing health crisis. With more people spending hours hunched over computers and mobile devices, the long-term effects of poor posture are becoming increasingly apparent. [Dr. Mansoor Mohammed Kassim](#), a leading orthopedic surgeon, is raising awareness about the serious health risks associated with bad posture and urging individuals to take proactive steps toward spinal health.

The Hidden Dangers of Poor Posture

"Many people don't realize that poor posture isn't just about slouching," says Dr. Kassim. "It can lead to chronic pain, joint degeneration, and even respiratory and cardiovascular issues over time."

Studies have shown that prolonged poor posture can increase the risk of developing spinal deformities such as kyphosis and lordosis, reduce lung capacity, and cause musculoskeletal imbalances that contribute to long-term pain and discomfort.

Identifying the Warning Signs

Dr. Kassim highlights some key symptoms that may indicate posture-related health issues:

- Persistent back, neck, or shoulder pain
- Frequent headaches or migraines
- Reduced flexibility and mobility
- Numbness or tingling in the arms and legs
- Fatigue or difficulty breathing due to poor spinal alignment

Steps to Improve Posture and Prevent Complications

To combat the silent dangers of poor posture, Dr. Kassim recommends:

- **Ergonomic Adjustments:** Ensure workstations are properly set up with a chair that supports the lower back and a screen positioned at eye level.
- **Frequent Movement:** Taking breaks every 30-60 minutes to stretch and move around can prevent stiffness and muscle strain.
- **Strengthening Exercises:** Incorporating core-strengthening workouts and flexibility exercises like yoga can enhance spinal support and overall posture.
- **Proper Sleeping Posture:** Using the right pillow and mattress can help maintain spinal alignment while resting.

Final Thoughts

Dr. Kassim urges individuals to prioritize their spinal health before symptoms escalate into serious medical conditions. “Good posture is not just about looking confident—it’s about maintaining long-term health and preventing chronic pain. Small changes today can lead to significant benefits in the future,” he emphasizes.

For more expert insights and professional guidance on spinal health, [Dr. Mansoor Kassim](#) encourages individuals to seek professional assessments and make lifestyle adjustments that support better posture.

About Dr. Mansoor Mohammed Kassim

Dr. Mansoor Mohammed Kassim is a renowned orthopedic surgeon specializing in spinal health and musculoskeletal disorders. With years of experience in treating posture-related conditions, he is committed to educating the public on preventative care and effective treatment options.

Media Contact

RP Digital Consultants

*****@rpdigitalconsultants.com

Source : Dr. Mohammed Kassim

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