

Fight It !!

Combat Negative Effects of Sitting with Exercise

1. Postural Awareness

- Every so often perform a postural check. Are you in the correct postural position? No?? Fix it!

2. Core Strengthening

- Your transverse abdominus (TrA) is activated during proper sitting.
- Strengthen your TrA by lying on your back and pulling your navel up and towards your spine (flattening out your back). Perform 3 sets of 10 repetitions holding for 5 seconds. Perform 3x daily.

3. ↑ Spine Mobility

- Stretch your back in the opposite directions as sitting (see illustrations next column). Hold 5-7 seconds x5-7 repetitions. Perform 3x daily.



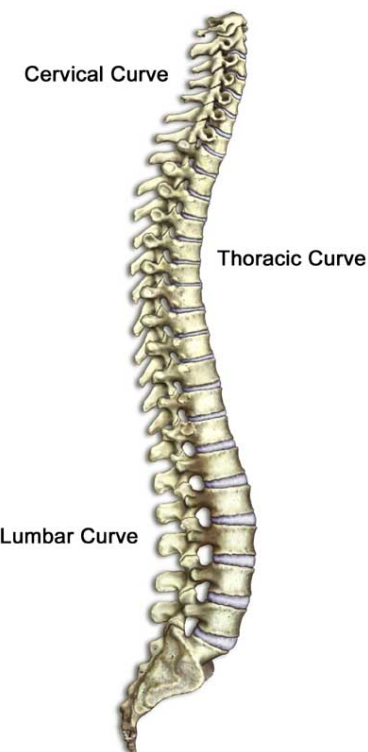
4. ↑ Exercise

- Walking encourages the opposite movement patterns as sitting. Start a walking program today!
- Begin walking 10-20 minutes a day, 5-6x a week.
- Increase 5 minutes every 2 weeks until walking 45 minutes daily.

5. Change Work Habits

- Break up your sitting with standing and walking
- Monitor your posture

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Spine Health and Sitting

Minimizing the negative effects of sitting on the spine with postural correction, education, and exercise.

What are the negative effects of sitting on my spine?

- ↑Stiffness on the front of your spine - ↑Stretch on the back of your spine
- Stiffness is associated with spine pain.
- Stiffness in the front of your spine can create pressure along your spine's nerves along the back of your spine.
- ↑ stretch on the back of your spine can ↑ your risk for injury with bending over or lifting
- Your head moves forward creating stress on the neck. This posture is associated with neck pain.



Slumped Sitting

What are the different sitting postures and which is best for my spine?

Slumped Sitting (SS)

- ↑ stiffness on the front of your spine
- ↑ stretch on the back of your spine
- Associated with your head moving forward
- Our spine does this during prolonged sitting

Extreme Upright Sitting (EUS)

- Sitting upright – Tummy pulled up and in – Chest out/Shoulder blades pinched together
- Associated with overactive muscle activation

Upright Sitting with Relaxed Upper Back (USRUB)

- Sitting up straight – Tummy pulled up and in – Relaxed Upper Back
- Chin tucked
- ↓ stiffness in front of your spine
- ↓ stretch in back of your spine
- ↓ head moving forward
- ↑ activation of your core muscles
- **MOST IDEAL POSTURE!!!!!!**

Extreme Upright Sitting

