



## **SITTING AS AN EXERCISE IN BODY AWARENESS**

Just think about how much time 1 one day we spend sitting:

- In the car
- At a desk
- Sipping latte's in a café
- Or collapsed on the couch in the evening

Our lifestyles are becoming increasingly sedentary and this is unhealthy, not just for our cardiovascular system, but also for our spines.

Sitting for prolonged periods, particularly slouched sitting, puts a large compressive load and strain on the discs and ligaments in the lower back. This aggravates pre-existing injuries and can potentially cause damage. At the very least, poor sitting posture can result in weakness of the muscles controlling posture and supporting your spine (the deep abdominals, lower and upper back musculature).

So.... Try to interrupt periods of prolonged sitting. Our bodies were not designed for it. Think of your time spent sitting as an exercise in body awareness.

- Lift your chest
- Hollow out your lower back
- And take the pressure off your poor old spine to ease discomfort and prevent pain

Or, if you are sitting for longer periods of time, use some kind of support for your lordosis, such as a:

- Lumbar roll (available from Core Physiotherapy)
- Rolled up towel/jumper
- Your arm
- Or whatever else you have on hand to put behind your back to help
- Make sure that you sit your behind right back in the seat as well

For further advice, exercises and treatment for managing and preventing back pain, see a practitioner trained in the McKenzie Method of spine care.