

Reversing the Effects of Sitting

Avoid prolonged sitting. Adjust posture often, stand at least every 50 minutes or walk for a few minutes. Make sitting a dynamic activity with frequent posture change while sitting. Changing postures allows shifting of the load from one tissue to another. The ideal sitting posture is one that continually changes. A few strategies have been shown to be very helpful in reducing these stresses.

Dynamic sitting supports (shown below) use the latest science to ensure minimal stress on the low back tissues, and to provide for posture change. Using an inflatable bladder, the user increases or decreases the lumbar support. This avoids the damaging flexed posture. The easy inflation/deflation pump facilitates easy pressure change to create regular posture change. More inflation is needed later in the day to accommodate the diurnal change in disc hydration.



Exercise: Stand up out of the chair, reach for the ceiling, then push for the ceiling with the hands, then fully and deeply inhale. This process should take about 30 seconds, repeat every 50 minutes. Gentle and progressive extension of the lumbar spine is achieved dispelling the accumulated stresses.

