



How to Sit

Sitting slumped puts you on the back of your pelvic bones.

It can lead to discomfort in your back and neck.



How to Sit

Sitting on the bottom(!) of your 'sit bones' provides a good foundation for the rest of your spine where all the joints can be in their easy neutral position

How to sit, stand and sleep to keep your body happy





How to Sit

Do the 'booty scoot' pulling your buttocks out and back one at a time to position yourself on the most rounded part of the sit bones.



How to Sit

When properly positioned, there is a bit of an inward curve in the small of your back and your pelvis is sitting slightly forward.



How to Sit

Once your pelvis is positioned well, you can sit with your back unsupported by the chair or you can have your back up against it (Image missing).



How to Go From Sitting to Standing

When getting up to standing from sitting, it is best not to round your lower back as you get up.



How to Go From Sitting to Standing

Instead, keep the gentle curve in the small of your back as you get up.



How to Sit at the Computer

Being slumped and twisted, especially when prolonged puts strain on your body.



How to Sit at the Computer

Michele's head is turned, her chin is jutting out and her low back is flattened likely leading to discomfort.



How to Sit at the Computer

Reaching for the mouse
can also cause problems.



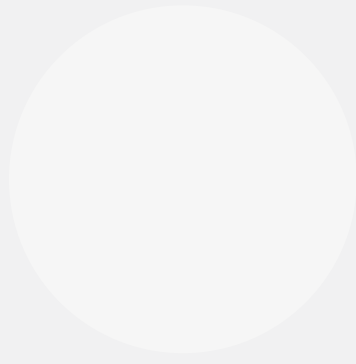
How to Sit at the Computer

Slumping back is also problematic as you are hanging on your ligaments that are not designed for that.



How to Sit at the Computer

Here Michele's spine is 'stacked' where her ear, shoulder and hip line up indicating her spine is in a neutral position. Her upper arms are at her side and elbows are bent at 90 degrees. The keyboard height is such that her wrists are also in a neutral position. With nothing being strained, it is much easier to maintain this position for longer periods of time.



How to Stand

How you stand can have a big impact on how you feel.

If you stand for long periods of time and tend to stand on one leg, it imposes asymmetry that can cause trouble over time.

How to Stand

Here there is a marked drop in the one side of her pelvis which imposes asymmetry as well.





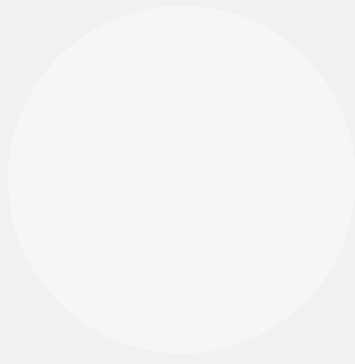
How to Stand

This is called a sway back where her breast bone is sitting behind her pubic bone rather than lining up over top. This increases the arch in her back and is 'hanging on her ligaments'.



How to Stand

When the breast bone is aligned over the pubic bone, the excess curves are eliminated.



How to Stand

With the chest centered above the pelvis, Michele's ear, shoulder, hip knee and ankle are 'stacked up' ensuring a neutral spine with balanced posture.



How to Stand

When a 'stacked' posture is maintained along with weight balanced evenly on both feet, it is much easier on your body to maintain the position without straining any of your tissues.



How to Sleep

We sleep for a significant percentage of the 24 hour day.

How we do that can work for or against us
Lying on your stomach is impossible to do without turning your head to breathe and therefore putting a big twist in your spine.



How to Sleep

Having her arm up like this puts her shoulder in an extreme position as well (not good for those with shoulder problems).



How to Sleep

Back sleeping can be OK but not with your arms over your head.

Your back arches too much, the shoulders are at end range.



How to Sleep

Curled up in a ball on your side isn't great either as her spine is too forward bent.



How to Sleep

Back sleeping can be fine
A pillow under the knees softens the position of the back and arms down is better for the upper body.



How to Sleep

Even better is to put a rolled towel under the small of the back to further support it.



How to Sleep

Side lying can be great with a pillow between the knees to keep the lower body from twisting.

A small towel can be used to support the waist.



How to Sleep

Without the pillow between her knees, her legs are offset and create a twist in her trunk.

If you have trouble with your upper extremity, a pillow under your arm can keep your shoulder in an 'easy neutral' position.

Following these simple guidelines can help to keep your body comfortable and happy. 🙌

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