SITTING IS THE NEW SMOKING

Pandemic and our body: a physiotherapist’s point of view.

What has happened

- Lockdown
- Home office
- Sport facilities closed

Our habits has deeply and suddenly changed

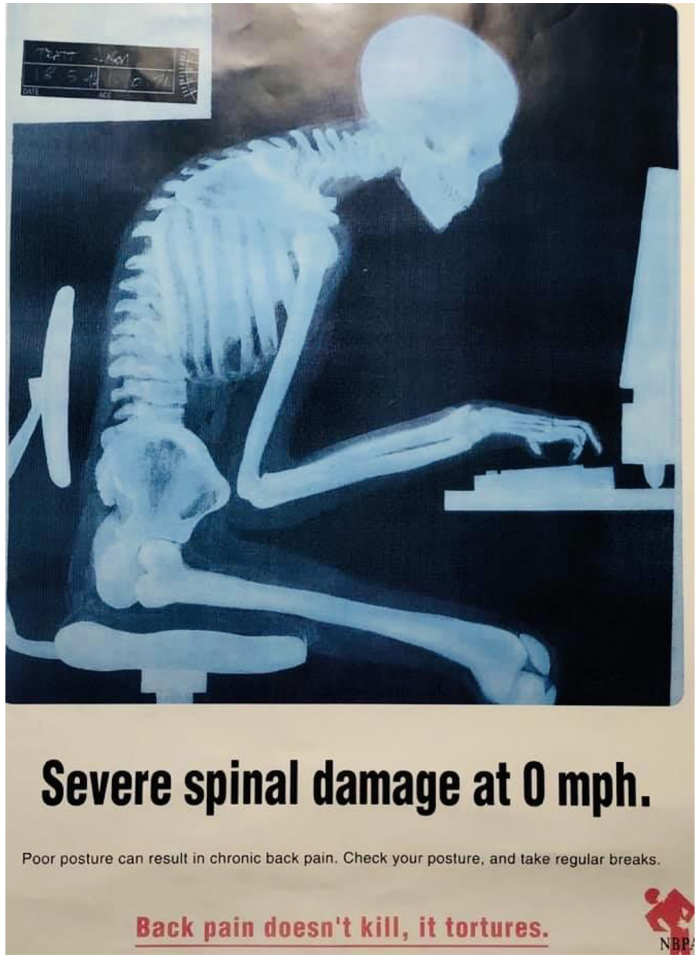
Home Office

How do I seat when I work from home?

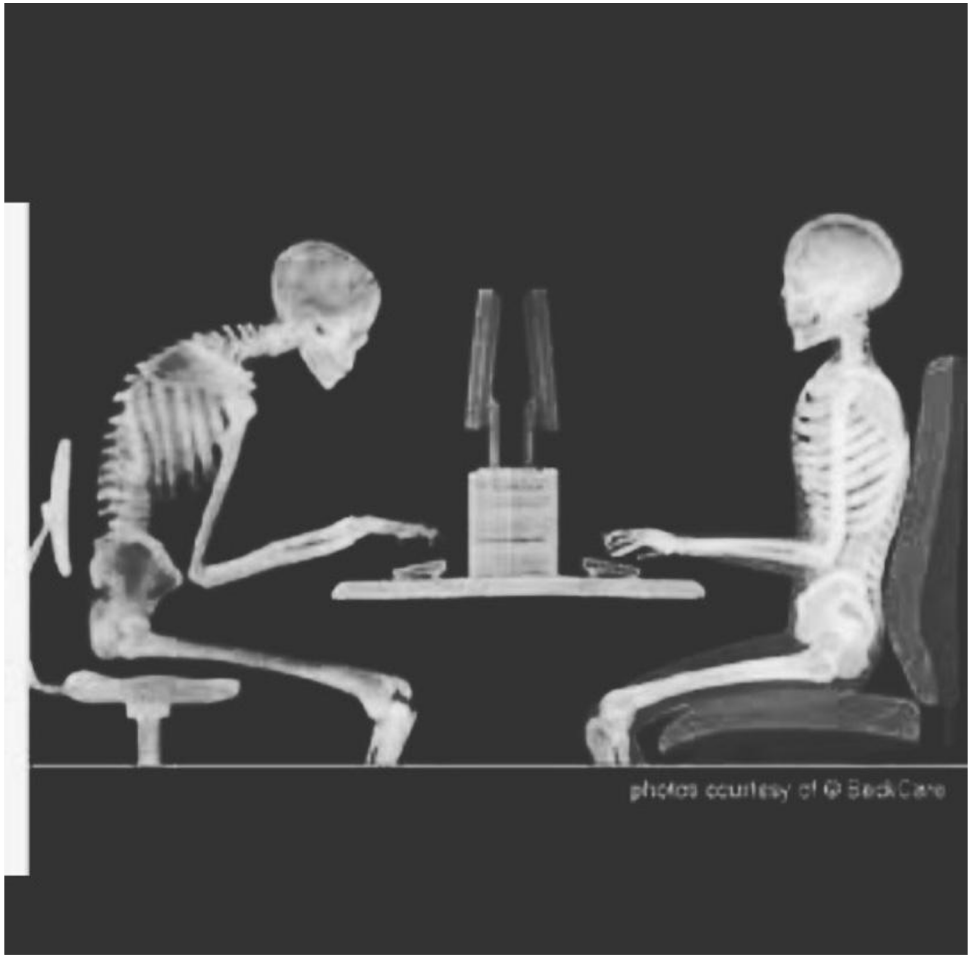
- Do I have a proper chair?
- Do I have a proper desk?
- Do I use a laptop? If yes, how do I place it?

Home Office

Bad posture


Severe spinal damage at 0 mph.
Poor posture can result in chronic back pain. Check your posture, and take regular breaks.
Back pain doesn't kill, it tortures.

Good posture



Good posture

How to sit properly

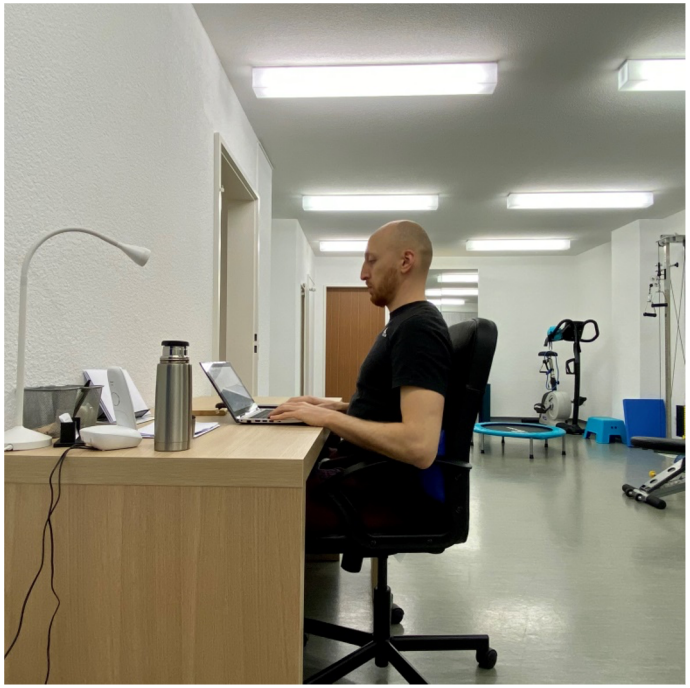
1 – Sit backwards: be sure your lumbar spine is touching the shinale;

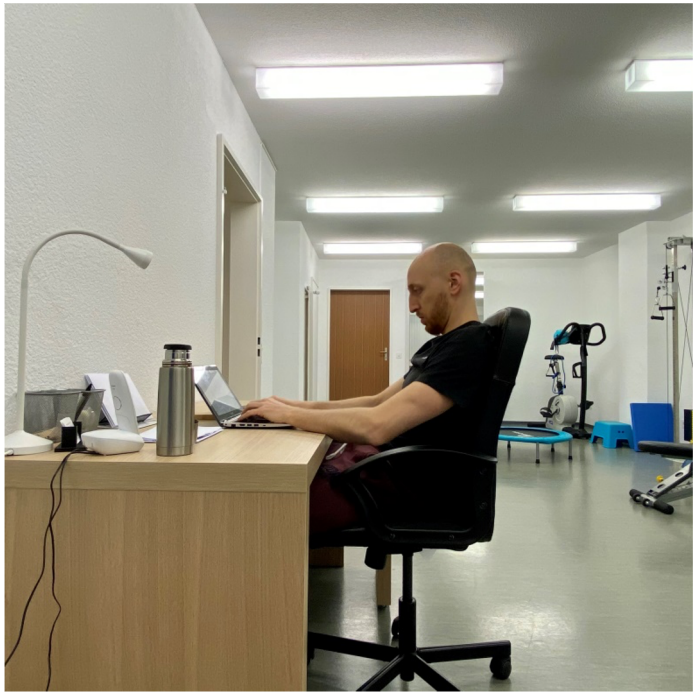
2 – lean your elbows on the armrests; («use your arms to sit properly»);

3 – a pillow between the shinale and the lumbar spine;

4 – move often your neck and head slightly backwards (face the ceiling for few seconds);

5 – height of the screen;





Sitting exercises

- shoulders up and down
- neck stretching
- upperbody rotation
- pelvic tilt

Pelvic tilt

That is the key to our posture

It controls the direction of our upper body and can distributes the weight on the spine.

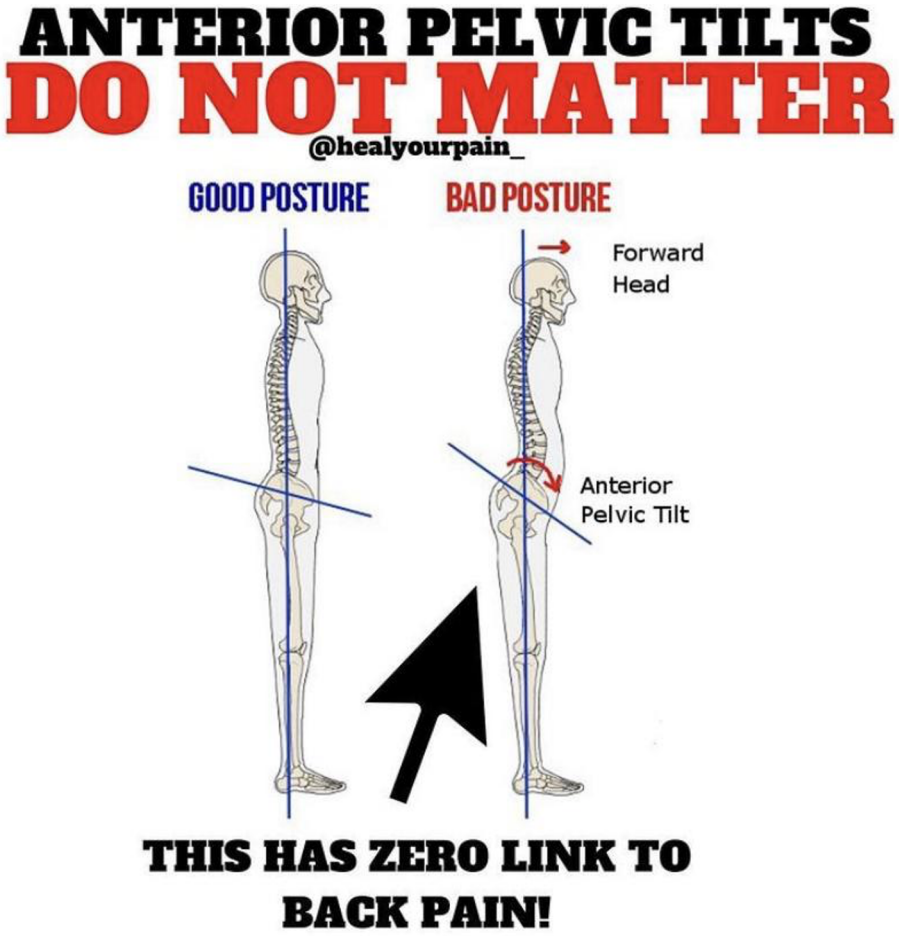
3 Patterns:

- Anterior (big lordosis)
- Posterior (flat lower spine)
- Neutral (functional lordosis)

Pelvic tilt

Anterior Pelvic Tilt
Neutral Pelvic Tilt
Posterior Pelvic Tilt

Pelvic tilt


ANTERIOR PELVIC TILTS
DO NOT MATTER
@healyourpain_
GOOD POSTURE
BAD POSTURE
Forward
Head
Anterior
Pelvic Tilt
THIS HAS ZERO LINK TO
BACK PAIN!

Pelvic tilt

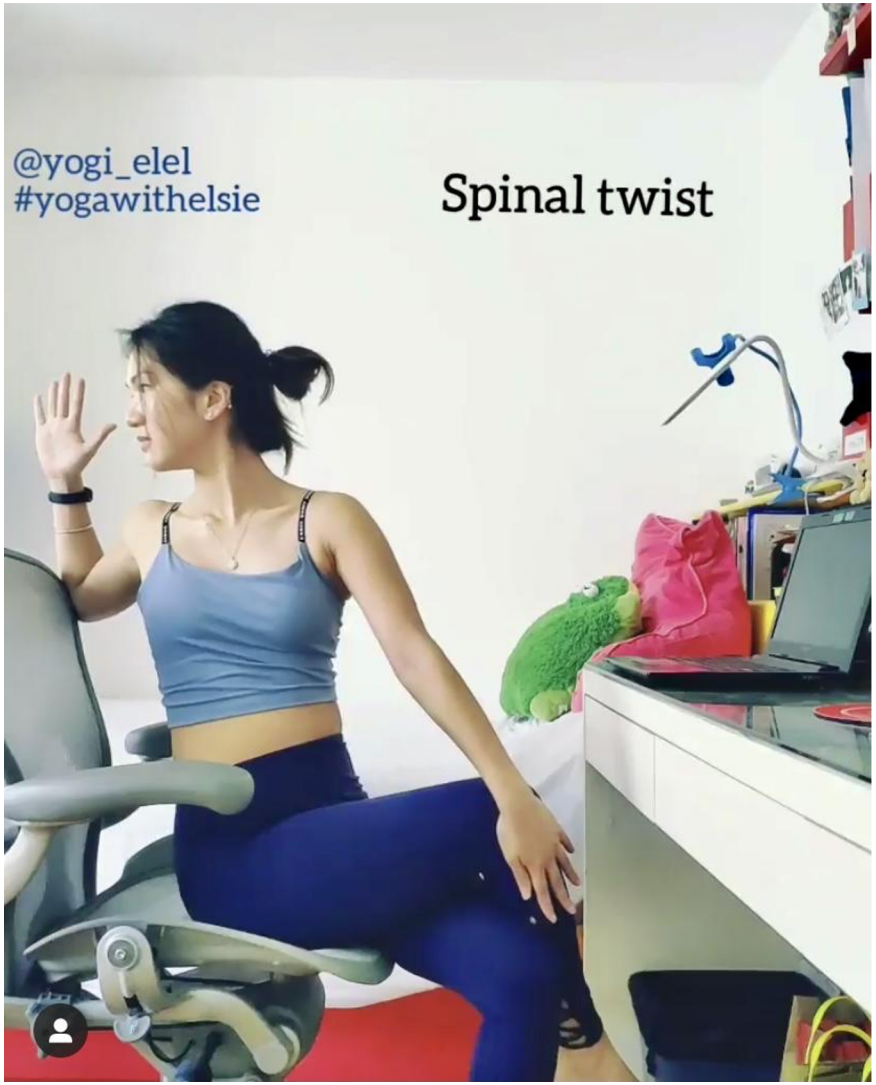
- Less lumbar lordosis: anterior tilt exercises and big pillow behind your lower back

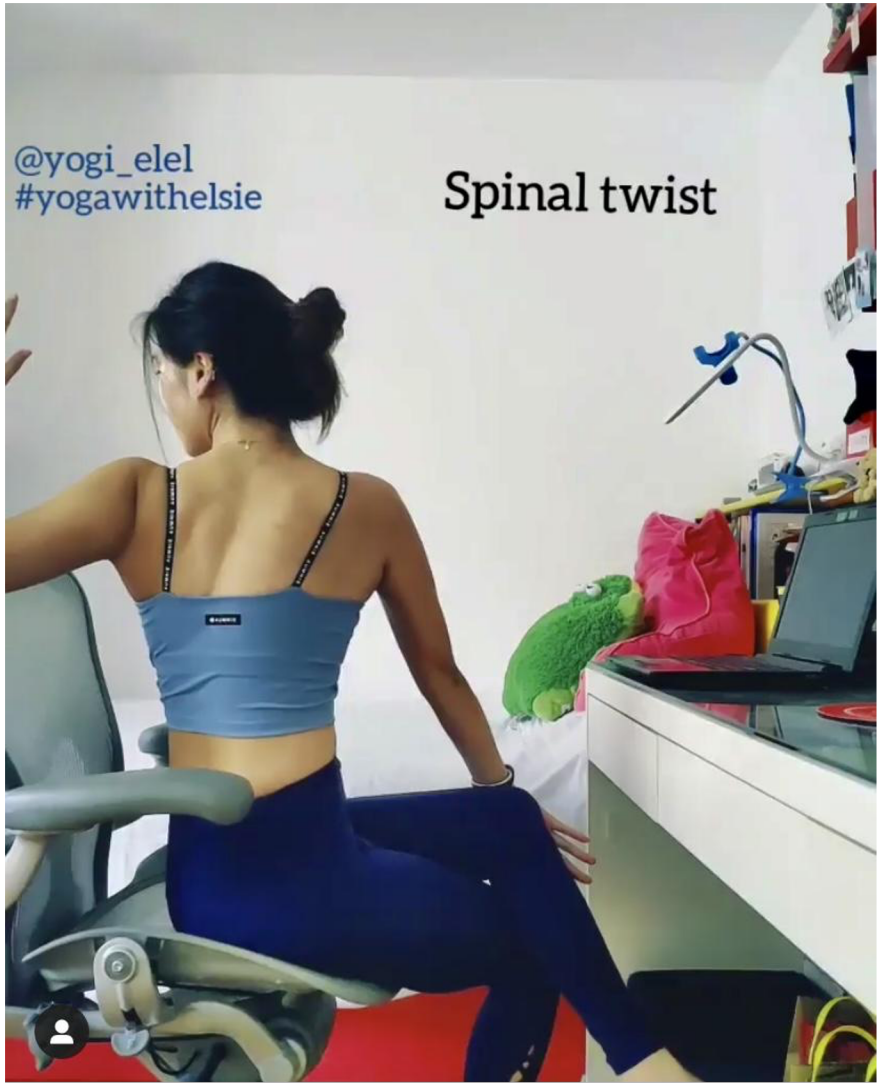
- More lumbar Lordosis: neutral position and small pillow (or a towel) behind your lower back

The right position

Useful exercises

Useful exercises





Useful exercises

Useful exercises

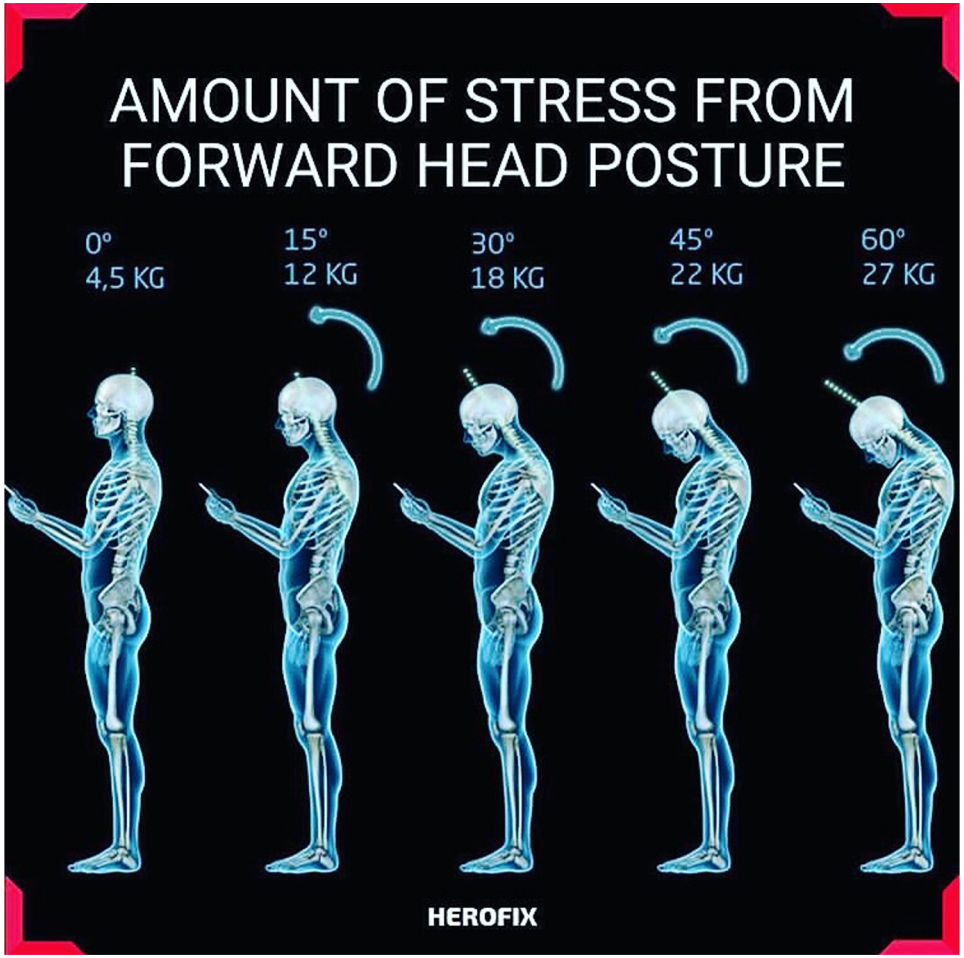
Useful exercises

Something useful

Why this stretching position?

- Shoulder upwards oriented
- Decrease tension on your cervical spine
- Opening the anterior spaces (Pecs) so that your shoulders don’t collapse forward
- Beneficial for the entire spine
- Absolutely pleasant

What really happens when…



Conclusion

“A good stance and posture reflect a proper state of mind”

Morihei Ueshiba

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Thanks for your attention