

Sitting up Straight NOT Best??

Centennial—Can you believe that researchers recently documented that sitting reclined in your chair puts less pressure on your back than sitting up straight does??

This may sound absolutely crazy, but it actually makes sense to me. You know there are times when you try to be so good and sit up straight. But many of you have actually told me that it HURTS to sit up straight! It seems that the disks between the bones moved too much when their subjects sat up straight at 90 degrees.

And apparently, these researchers in Scotland used a unique kind of MRI that allowed their subjects to move around. Researchers tested 3 positions: leaning forward, sitting straight at 90 degrees and leaning backwards at 135 degrees. Surprisingly, they found that **SITTING UP STRAIGHT AT 90 DEGREES CAUSED THE MOST DISK MOVEMENT.** The researchers considered disk movement unstable.

I was surprised that sitting straight was even worse than leaning forward. It would be helpful to know what the chairs looked like that they used. No mention was made of using a wedge to lift the rear-end higher than the knees as is recommended to help you unwind and stay stable under ABC care.

So the next study that would be VERY enlightening would be to measure instability while using a seat wedge; while sitting in a common car seat; or while sitting on any variety of chairs that offer different angles.

The chair I use at home is shown here. I got this for \$50 at Office Max and put it together myself. I find this reduces a huge amount of stress on my upper back and lower neck and headaches. The old chair I used to have at my computer was not fixable with merely a seat wedge.

This could be the case with your OWN office chair! If you feel ruined at the end of the day because you sit at a computer; or because you do a lot of driving, then you need to take a hard look at the chair you're using.

Depending on your height, you may consider driving your spouse's car if it fits your leg length better. Sometimes people are too tall for their car and no amount of seat wedge or lifting their seat will help. This is a limiting factor towards progress.

Depending on how badly you want to make on-going progress will depend on how many changes you're willing to make—which may lead to you buying your own office chair for your work (hey, \$50 is about the cost of ONE cash adjustment! Think how many adjustments this would save you!) Buying a different car would be the extreme, but how valuable would having a good seat be if you're too tall for your car?? (Here's where trucks and SUV's usually rule because the seats sit up so high!) That's your call, though!

Yours in Health, Dr. Erica



Angled Chair:

This is what I use at home where I do the most computer work. For me, it drastically reduced upper back and neck tension.

Angled Chair Update:

I found a \$229 angled kneeler chair at Healthy Back Store (next to Home Depot at Park Meadows). It had a back on it and was more comfortable than the one I have. The one shown here was \$600 on the internet. Each part adjusts and is 100% guaranteed satisfaction. The website is www.kneelsit.com.

