

Sit Up Straight: Don't Think, Just Do It

Centennial —I thought it would be a good time to revisit a basic that I teach people every day.

The point I'd like to make in this article is the importance of getting your sitting posture correct. If you can position your body in such a way to **MAKE** yourself sit up straight, then you don't need to remind yourself. You've probably found that reminding yourself to sit straight doesn't work for very long!

So the data you need to know is this: **sit with your knees LOWER than your hips.** *The degree of slump in your upper back while sitting will dictate how steep of an angle your knees should be.* The more of a slump while sitting, usually the more you need to angle your legs.

I find that the taller a person is, the more **LIKELY** they are to slump because proportionately their back is longer than the chair actually accommodates.

The top picture to the right shows the forward leaning and slump that is natural for a tall woman in my adjusting stool. The bottom picture shows her in pretty good posture. The bottom chair is used at my front desk now. This one happens to be a Tempurpedic. The memory foam is nice for the knee pad and butt cushion.



Also, the knee pad gives just a little to help get a more comfortable angle. The chair swivels and is quite sturdy. If you consult with the Healthy Back Store near Home Depot at Park Meadows, they offer a 5% discount if referred by

my office. Consider this newsletter your referral slip :-)

You can't overestimate how much good using this correct posture will do for your spine and ultimately your health. Any symptom can be exacerbated by bad sitting posture and I can think of almost any symptom that has improved by using this technology.



***Yours in health,
Dr. Erica***