

Chair Care

Improper sitting pattern encouraging creep



When you are sitting and NOT moving your spine is slowly changing shape and things can slowly “go out of alignment”.

“**Chair Care**” is a decompression strategy to help keep your discs hydrated by creating a nutrient net flow into the discs in your spine.

Instructions: Press into the seat cushion with your hands or fists and relax the lower back while creating a distraction moment in the lumbar spine. The majority (approx. 60-80%) of your full weight should be supported by the shoulder girdles. Be sure to keep the chin retracted and arms externally rotated. Hold for 5 seconds. Most people feel a stretching in the lower back while the weight is “taken off” the lumbar spine. Gently return to neutral sitting posture for 1-3 seconds, allowing the full weight to be supported by the spine. Repeat 4 times.

Do this for every half hour of sitting, especially if you feel stiff after sitting.

