



P E A K
CHIROPRACTIC CENTRE

Spinal Essentials

The Sitting Solution

Welcome to the Spinal Essentials on **sitting**.

Let's recap the 3 main points you need to understand:

1. Posture is about how your body holds you up, not how you hold your body up.
2. Forwards bad, backwards good.
3. Your body moulds to the environment you put it in.

Research suggests that through most of your adult life you have spent a majority of your waking hours in a sitting position and this is increasingly true for children too.

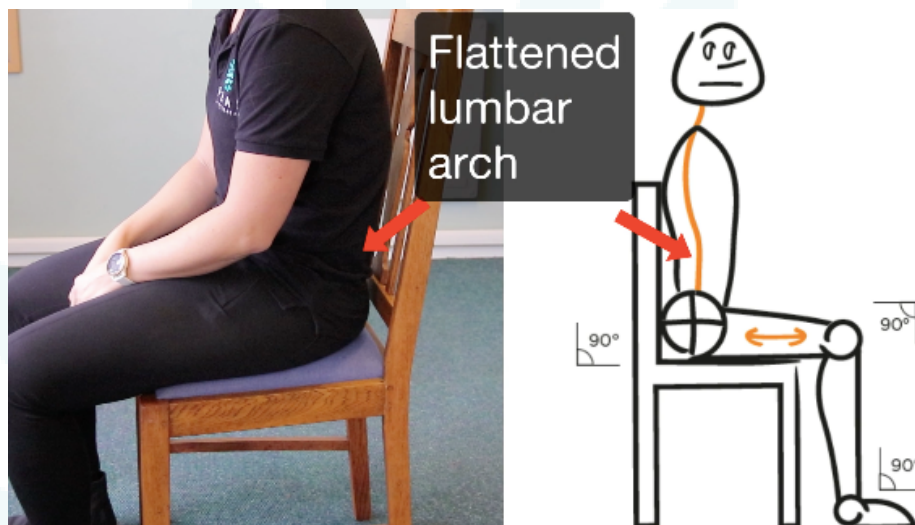
Our observation is that these sitting positions have the effect of causing misalignments in your structure and push you forward.

Now that you know that posture reflects health, it makes sense that the more sitting hours you accumulate in a day, the higher your risk of diseases like diabetes and cancer.

Researchers have said that sitting is the new smoking.

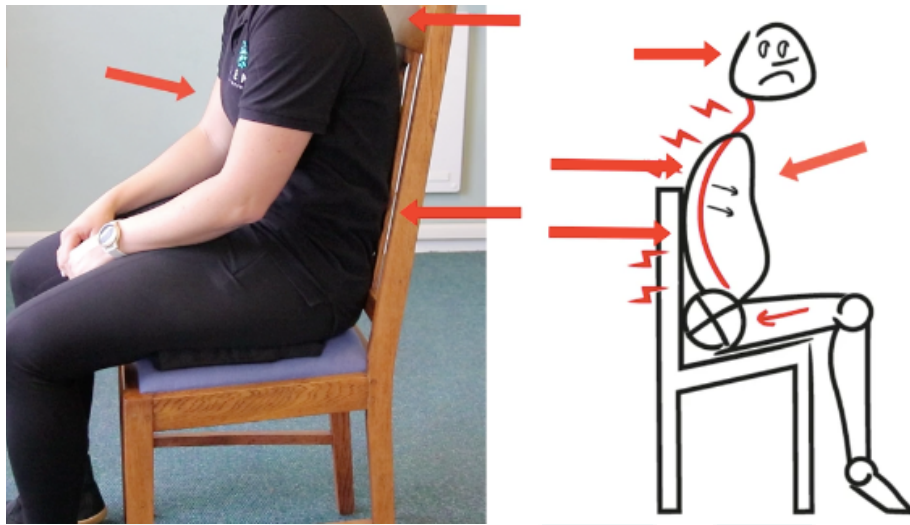
While moving to standing workstations might be a good idea, sitting is unavoidable and we'd like to show you how you can do it better.

The key to sitting, so that your body holds you up and you don't have to hold your body up, is your pelvis.



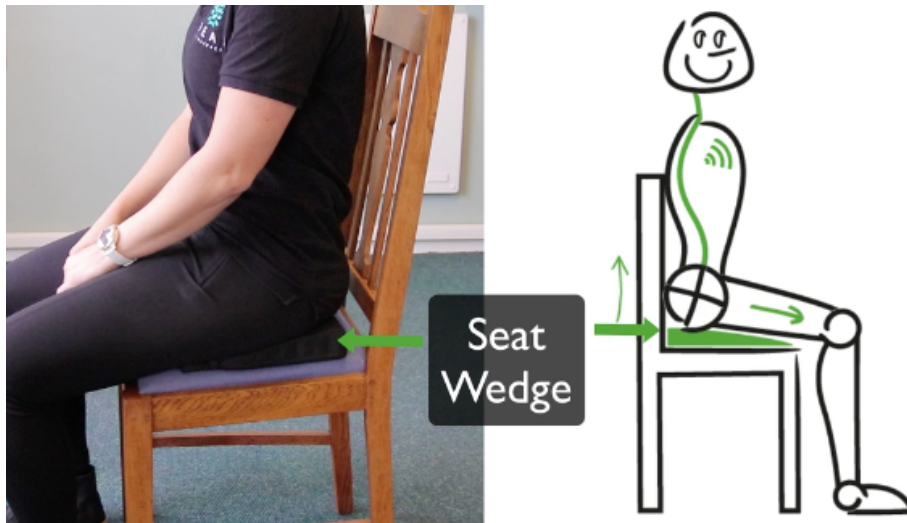
In this diagram, you see your pelvis as the thing your spine rests on when you sit.

Here you see it in a neutral position and what that does is flatten the arch you're supposed to have in your lower back. Without that arch, your body will fall forward. You can use your muscles to hold you up for a while but you will feel more pain and tension from doing this a lot.



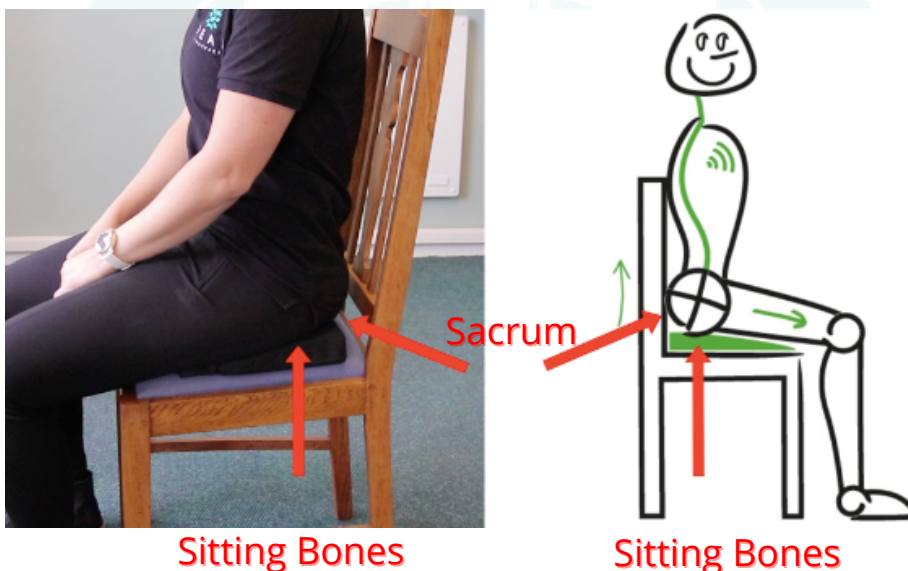
Here you see the pelvis tilted backward and this is even worse. Here your arch disappears completely, making your body above it lose leverage and fall forward. Here you're going to collapse through the chest - making it harder for your heart and lungs to work and even increase the tension on your brain. Muscle tension in the back and neck will develop to try to compensate for this.

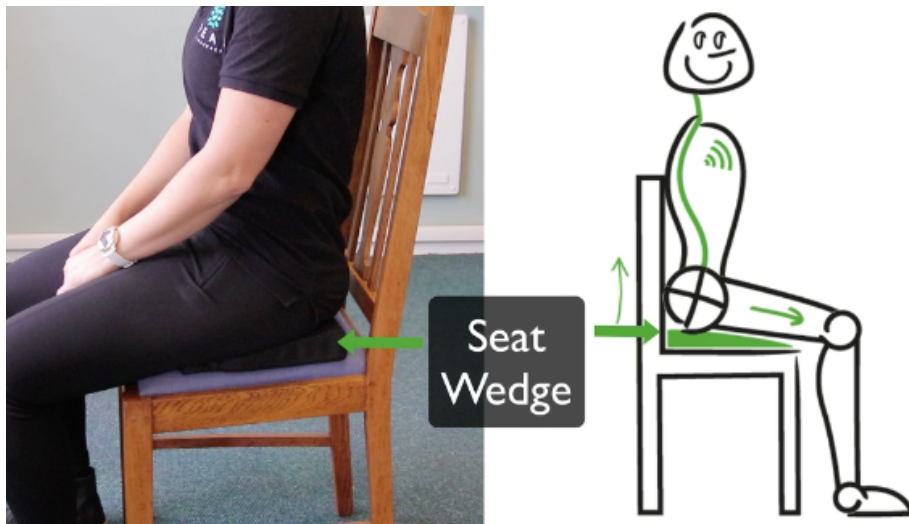
To fix all of this all you need to do is create a sitting position where your pelvis is gently tilted forwards.



The diagram shows how this will restore your lower back curve and the bones will stack up on each other. That means that your body above here will hold itself up effortlessly and you'll feel more ease and lightness.

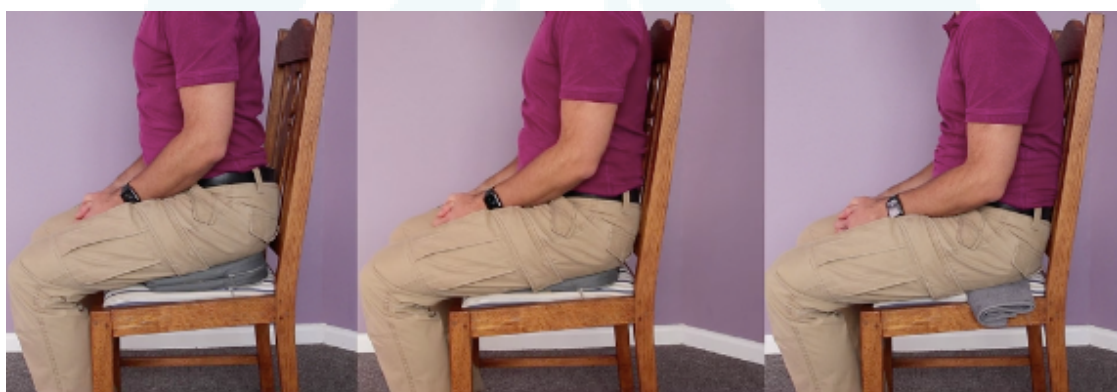
The way we solve this issue is with a seat wedge or hand towel to create the forward tilt. You want to feel your weight on your sitting bones here and not your sacrum here.





When using a wedge solution you have to find your Goldilocks effect.

- With your seat wedge too high, you feel like you get pushed too far forward and use your muscles to pull you backward.
- With your seat wedge too low, you will feel like you still slump forward and have to use your muscles to hold you up.
- With your seat wedge at just the right height, you will feel your body hold itself up with ease.



Too High

Just Right

Too Low

Support your breakdown side with the wedge solution.

Your body has misaligned in 3 dimensions so there is a twist component that needs to be supported. The direction your body twists to is called your Breakdown Side. Your Chiropractor will have tested for this before they adjust you.



To support your breakdown side, you simply angle your wedge solution forward about 2 centimeters or 1 inch forward on your breakdown side.

Using this setup on every chair you sit on will allow your body to unwind well.

Please consider:

- Your work and computer setup
- Your car seat
- Your couch
- Anywhere else you sit down, whether for 5 minutes or 5 hours.



So let's recap

Sitting with ease has 3 components:

1. Tilt your pelvis forward with a wedge solution
2. Find your Goldilocks effect
3. Support your breakdown side

To make things as easy as possible for you to get the best results in the shortest amount of time, we've developed a special range of postural support products to help you.

Consider using the seat wedges to help you on your journey to unwinding and glowing good health.