



The Clinic NEWSLETTER for Eastbourne Chiropractic Clinic

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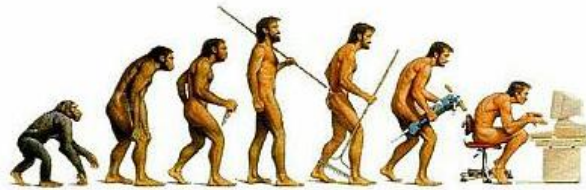
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ARE YOU SITTING COMFORTABLY?

Newsletter no 9



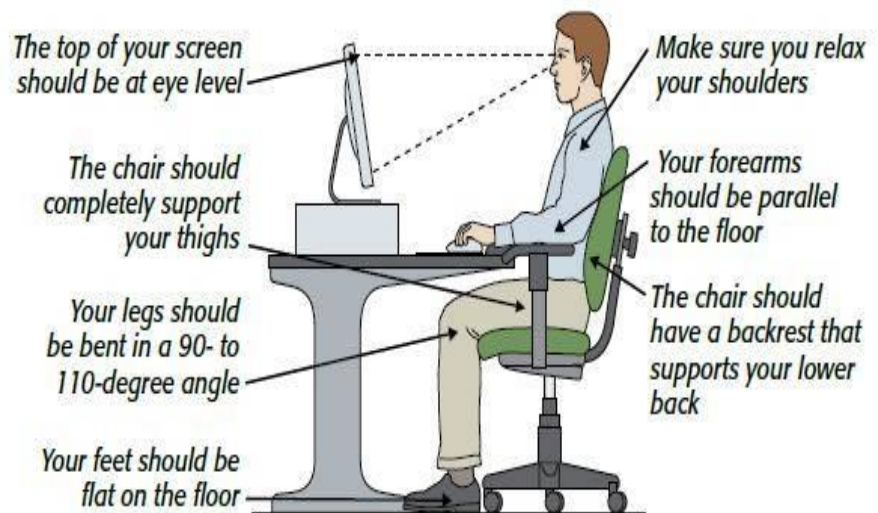
Whether at home, work or on the move, more and more of us are spending large parts of the day either sitting using a computer or travelling in a car or aeroplane. With so many people sitting in the same position for greater lengths of time, we may not be aware that the position we are in is harmful to our spines.

COMPUTERS

For the majority of us, life now involves a computer: whether at home, at work or both. They can keep us engrossed for hours at a time and while sitting and concentrating on the screen, you may not realise that the position you are in is becoming uncomfortable.

Sitting for too long, particularly when slumped forward, places the spine in an unnatural position, and inevitably, **children** appear to be very much at risk from this activity.

The nature of working with computers means you don't tend to need a break or get up to fetch something. There are, however, some simple things you can do to protect your spine:



- 1) Your seat should be adjusted so that your feet are **flat on the floor**, with your knees slightly lower than your hips and your eyes level with the top of the computer screen.
- 2) Relax when sitting in your chair, make sure you also have your **bottom against the back of the seat** and your shoulder blades are relaxed.
- 3) Arms should be flat and your **elbows level with desk** or table you are using. Use a seat with arm rests.
- 4) **Take regular breaks.** Never sit at a computer for more than 40 minutes. When you take a break, walk around and stretch a little – do something completely different.
- 5) Remove any obstacles from under your desk to ensure you have **enough leg room**.
- 6) **Never sit and twist** your back to use your laptop.

Chiropractic Care works, so contact a Chiropractor today if you, a member of your family or friends, experience any posture related problems.

TRAVEL

Travelling can be tough on the body and long hours in a car or on an aeroplane can leave you stressed, tired, stiff and sore. Even if you travel in the most comfortable cars or fly first class, certain pressures and forces from awkward positions can result in restricted blood flow.

One of the largest effects to your system from prolonged sitting is a build up of pressure in the blood vessels in your lower legs and contracting and relaxing the muscles helps the blood flow properly.

ADVICE IN THE CAR

- 1) Adjust the seat so you are as **close to the steering wheel** as comfortably as possible. Place 4 fingers behind the back of your thigh closest to your knee. If you cannot easily slide your fingers in and out of that space, you need to readjust your seat.
- 2) **Exercise your legs** while driving to reduce the risk of any swelling, fatigue or discomfort. Open your toes as wide as you can and count to 10. Count to 5 while you tighten your calf muscles, then your thigh muscles, then your buttock muscles. **Roll your shoulders forward and back**, making sure to keep your hands on the steering wheel and eyes on the road.
- 3) Do not grip the steering wheel. Instead loosen your grip to improve hand circulation and decrease muscle fatigue in the arms, wrists and hands.
- 4) While always being careful to **keep your eyes on the road**, vary your focal point whilst driving to reduce the risk of eye fatigue and tension headaches.



RELAXING

When evening comes, and it is time to relax many of us will slump back in a floor-hugging easy chair with the bottom lower than the knees and any thought of a lumbar curve `blown to the wind`. No wonder when we come to turn off the TV at bedtime many of us go into spasms of pain. The ideal sitting position for relaxation is still with the knees lower than the hips and with the seat sloping forward at about 15 degrees.

Also avoid crossing your legs as this action causes the pelvic bone to ride forwards and inwards on the side of the upper thigh thereby tilting the pelvis and lumbar spine sideways.

So much of our time is spent on our bottoms that we should pay attention to how we sit, even if we have not yet experienced back pain. Those who have suffered will have a greater incentive, but the sooner you start to sit correctly the better your back will cope with the stresses and strains of daily life.

Now that you ARE sitting comfortably you may BEGIN to enjoy that half of your life spent on your bottom.

Remember, pain is a warning sign – do not ignore it. Consult your British Chiropractic Association chiropractor for treatment and advice on preventing further problems.

POSTURE

Why have good posture?

Good posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

If you've been helped by chiropractic, then please recommend your friends and family. If you're not sure if we can help then

A

Free

Chiro Check

Can Help them Decide.

They can come in, or phone for a **free 15min** chat about their problems with Hilton or David.

www.eastbournechiropractic.co.uk

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