

## XXXV. How to Sit on Bleachers When You Have Back Pain/Sciatica



Avoid sitting on low surfaces, especially bleachers and low boat seats.

As you can see in the photo, it is nearly impossible to keep your back straight when you are sitting on a low surface. This is often a concern for athletes who sit on benches when not in the game. It is also a concern for golfers who ride in carts. Golfers should take care to sit upright while riding.

If you must sit on bleachers, try to get the upper row to make use of the wall for back support.

To counter the effects of low sitting, perform frequent stands and frequent standing back extensions. If you can obtain the upper row, it will be easier for you to stand without drawing attention or blocking views. Take a walk between quarters or halves of sporting events. Stand as much as possible.

It would be helpful if you could raise the surface with a firm cushion or folded blanket making it easier to keep good posture.