

## **Tool #5 How to Sit Pain-Free at Home With Back Pain**

When you sit incorrectly, you are likely to settle into the C position (slouching, slumped, flexed) with the accompanying stress to the parts of your back.



(C-Position)

For many of us, the sitting stress continues throughout much of the day. We sit when we eat, drive, work, watch T.V. and when we are in the bathroom. Many researchers believe the significant increase in cases of back pain over the past few decades has much to do with the fact that more and more of us are spending our workdays in chairs. Improper sitting is a common contributing factor to back pain, sciatica, and the delay of healing. Yes, at the root of all back pain, one can generally find a chair.

Even more distressing is that the poor slumped sitting posture begins to shape your standing posture. Your body remembers the sitting position and attempts to continue the posture when standing. Instead of having erect and correct posture like a marine soldier, you begin to stand slouched and slumped. Therefore, it is important for you to understand sitting and sitting postures. We recommend our patients in pain avoid sitting as much as possible. They are advised to lie down or stand up whenever they can. Avoid sitting on overstuffed furniture, easy chairs, and recliners when you are experiencing back pain. If you feel that you must sit on such furniture, use a throw pillow behind your back to prop yourself up as straight as possible.

Toilet sitting: one possibility is to sit on the toilet backward, gaining support from the back part of the toilet. A bedpan is another option.



(Sitting on Toilet)

A bedpan is another option. We hope to convey to you that one of the key points about all forms of sitting and back pain is the benefit of movement and change of position. The most important tactic you can use to combat back pain while sitting is to intermix sitting with walking and movement. The person who attempts to sit with the perfect posture should still intermix changes in back positions, movement, and walking.

We will provide you with some general rules or strategies for reducing the stress on your back while sitting at home.

- A. Sit on the couch with low back support using throw pillows.
- B. When sitting on a couch or recliner vary the amount of recline in the recliner. Keep a throw pillow in the low back.
- C. Every half hour or so, increase and lessen the arch in your low back. Keep it moving.
- D. Get up and walk around the room on a regular basis.
- E. Change positions every 20-30 minutes or so. If you have a stand-up desk, use it.