

Chiropractic First! Shares News on “Sitting May Be Hazardous to your Health”*

Did you know that sitting incorrectly could cause harm to your body? Take note on the tips below to maximize unnecessary physical stress.

Don't slouch. Sit upright with most of your back in contact with your chair. Slouching restricts breathing, slows blood circulation, puts pressure on your heart, and increases pressure on your lower back.

Don't cross your legs (if you must, only at the ankles). Keep your feet flat on the floor. Crossing your legs restricts blood flow, misaligns your pelvis, and puts pressure on your lower back.

Don't Neglect armrests. Use a chair with armrests. They've been shown to reduce pressure on the lower back by 25% and also lessen pressure on your neck and shoulders.

Don't sit on your wallet!! Do not sit on items that tilt the pelvis. The *New England Journal of Medicine* released a study reporting that low back pain sufferers eliminated their pain by removing the contents of their back pockets.

Don't sit more than 30 minutes at a time. Stand up and move around for at least one minute. This helps your comfort level and enhances your concentration.

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Take this to work, or home and apply it.

With your health care in mind,

Dr. Patrick Gallagher