

How does sitting impact my posture?



1

Redistribution of weight to lower back

Stress on the lower back, higher intradiscal pressure, impinged nerve roots

2

Core muscles are less active

Muscles weakened, unable to support the body

3

Hip flexor shorten & tighten

Pull on the pelvis, causing anterior tilt and strain in the lower back

4

Hamstrings shorten & tighten

Pull on the pelvis, flattening the lower back

5

Glute muscles disengage

Muscles weakened and become soft/undefined

6

Decreased blood flow to legs

Circulation and nerve problems