



ISR Physical Therapy Newsletter

Houma

478 Corporate Dr.
Houma, LA 70360
(985) 872 - 5911

New Orleans

1516 River Oaks Rd. West
Harahan, LA 70123
(504) 733-2111

A Proactive Approach to Excellence in Health & Rehabilitation

Does Sitting Put You in an Awkward Position

November 2007

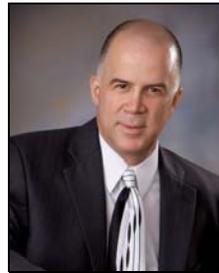
Even though most people find sitting to be more comfortable than standing, sitting actually places more stress on the lower back than standing. Now, research goes one step farther to say that sitting up straight is not the best posture for sitting. While many people consider a 90-degree body-thigh sitting posture to be correct, a 135-degree body-thigh posture places less stress on the back and spine. This conclusion was reached after analyzing the spines of subjects who assumed different sitting postures. A new form of magnetic resonance imaging (MRI) helped researchers see the impact of these various postures on the spine. If you sit for long periods and experience lower-back pain, have a physical therapist analyze your sitting posture.

When sitting for prolonged periods, try to remember to stand, stretch and walk for at least a minute or two every half hour. A twenty minute walk will help even more, promoting healthy blood flow that brings important nutrients to all the spinal structures. In general, moving about and stretching on a regular basis throughout the day will help keep your joints, ligaments, muscles and tendons loose, which in turn will help you feel more productive. If you require physical therapy, please call ISR PHYSICAL THERAPY.

Sitting with correct posture is essential because the strain put on the spine and its associated ligaments from incorrect posture over time can lead to pain, deformity, and chronic illness.

www.isrphysicaltherapy.com

"No Excuses, Just Results!"



*Richard W. Bunch PhD,
PT*



*Trevor D. Bardarson
PT, OCS*



*Marc Cavallino PT,
OCS*

Move of the Month:

Spinal Twists

1.) Starting Position



2.) Twist to the Right, Hold for a few seconds then return to starting position

3.) Next, twist to the Left



As you twist try to keep your hips facing forward. Focus on twisting from the waist.

Remember to breathe naturally throughout the movement; do not hold your breath. Repeat this movement throughout the day (3x's each side). This exercise can also be performed while in a seated position.

Benefits: Tones and stimulates the spinal joints and muscles, massages the organs and releases tension.

** If doing this exercise results in any type of pain, please consult your doctor prior to continuing.*

“I was on 16 pain pills a day! I could not walk or stand for more than 10 minutes. I could not care for my family. At work I would close my office door and lie on the floor to relieve my back pain. The Therapist at ISR taught me specific exercises and in 10 days I was greatly improved. Now, 9 months later I take no pills and can exercise regularly!” V. M.

**ISR Physical Therapy
478 Corporate Dr.
Houma, LA 70360**