

Get out of position to get in position

Reading the title itself doesn't make too much sense but hopefully by the end of this post it will. The main point I am trying to make is that the body is adaptive and will respond to the positions we put them in.

If you spend all day sat in a chair, driving, in the office, at home, then your body will get good at sitting. You will likely develop muscular shortening and as a result bony and joint position can alter.

Using the example as seen above prolonged sitting can lead to adaptive shortening of the hamstrings, hip flexors, abdominals in addition to increased thoracic spine flexion.

Although it is difficult in some regards to limit this exposure time as we need to sit to drive to work, to sit at a desk and to relax at home. But if we do it too much then problems can arise.

Excessive sitting can lead to lumbar disc pathologies amongst several other problems. We need to limit the bodies ability to adapt to such postures.

One very easy way of doing that is to try get out of that position. In this example, get out of sitting and getting up to MOVE! Just getting into an upright position and either standing or walking will break the sitting cycle and reduce the impact that sitting positions can have.

In the same way, someone that spends the majority of time in standing postures, may develop problems such as extension biased back pain. In the same way, that person may benefit from getting out of extension into a relative position of flexion.

The time needed in certain positions to get out of the provocative pattern would be dependant upon pathology and severity of symptoms. But whatever the case, prolonged positioning cycles need to be broken.

So get out of position to get repositioned.

Thanks for reading

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