

Back Pain and sitting posture

This is a quick explanation of why sometimes Low Back Pain (LBP) worsens with prolonged sitting and what are some basic strategies to reduce LBP whilst sitting.

In simple terms, LBP caused from prolonged sitting is usually caused by *poor posture* (see fig. 3) and increased and *excessive disc pressure*.

There are other causes but this is the most common.

If you suffer from increasing LBP whilst sitting, here are some simple strategies that should help.

1. Maintain good sitting posture by ensuring you maintain a good lumbar lordosis (the natural curve in your lower back) *every time you sit*. Some chairs have built in lumbar supports such as in modern cars and most office chairs, but if yours doesn't then use a simple lumbar roll/support as depicted in fig. 1.
2. Lumbar rolls and supports come in several configurations (see fig 2.) and it really doesn't matter which one you use as long as it's comfortable. You may even use a rolled up towel.
3. *Avoid sitting for long periods at one time*. If you sit for hours every day because you have a desk job, make sure you periodically get out of that chair, or alternate between sitting and standing if able.
4. In a broader sense, exercise consistently for back health. There are several excellent exercises that will improve spinal strength/flexibility/posture. This, in combination with good sitting posture, will reduce back pain significantly.

Fig. 2

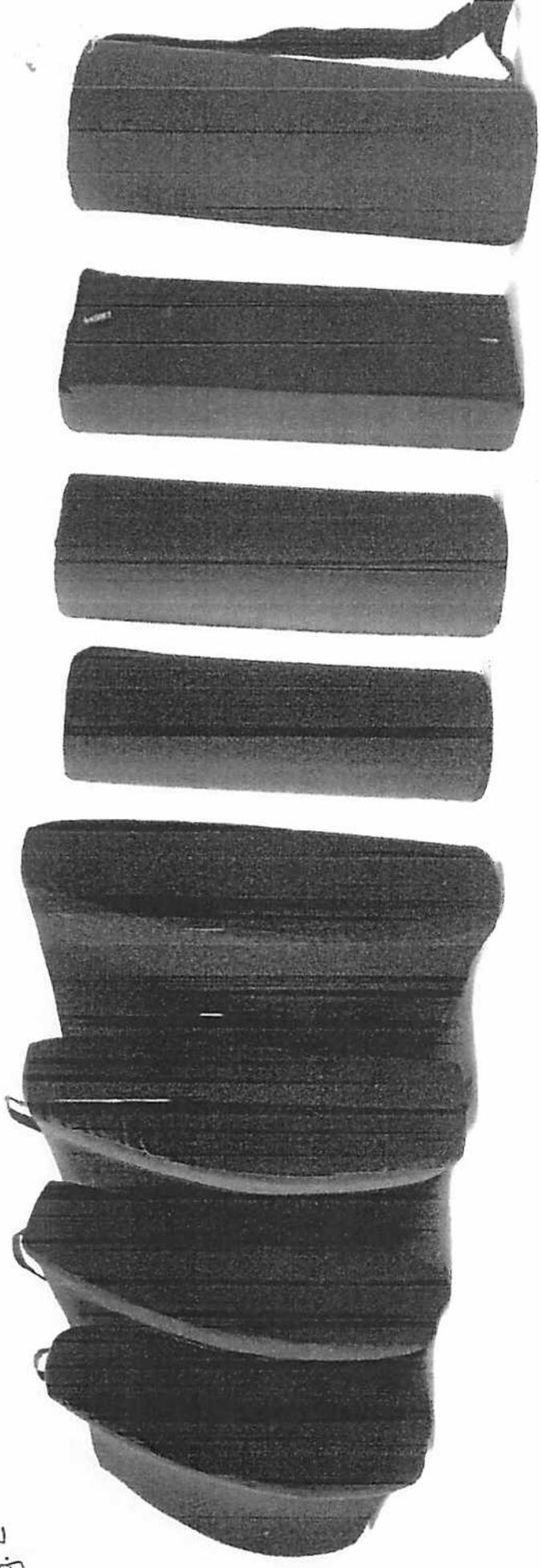
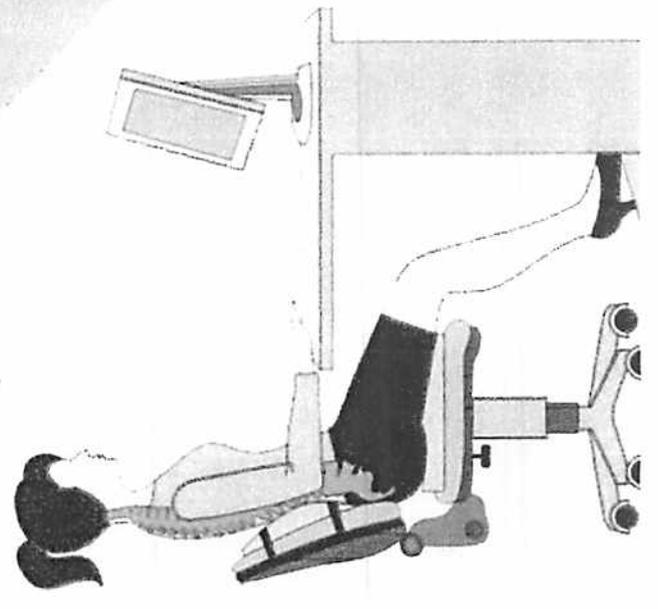


Fig. 1



Sitting Posture



Fig. 3

