

O'LEARY CHIROPRACTIC

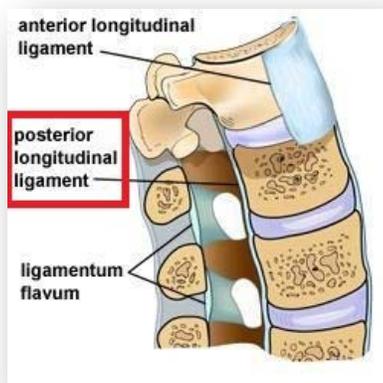
Spinal Health Newsletter

May 2017

Sitting vs. Repetitive bending/lifting

It's hard to quantify exactly which is worse for the spine. There are certainly situations where each would be more potentially dangerous. To help you understand, I'll briefly mention some of the problems with sitting in this newsletter and follow up on repetitive bending/lifting next month.

Sitting: The main problem with long periods of sitting is a process called "slow creep". You may recognize that term from other newsletters. It's a process that happens with most soft tissues of the body. In regards to your spine it happens with the posterior longitudinal ligament, interspinous ligaments, supraspinous ligaments and ligamentum flavum; to name a few. These ligaments provide support for your spine during motion. Of particular concern is the posterior longitudinal ligament (PLL). Research shows that after about 20-30 minutes of sitting, the PLL ligament stretches very slightly. The problem with this ligament "creeping" is that it runs down the back part of your spine and provides direct support for the discs in your spine. You can see in the diagram below how it provides support.



It's theorized that this additional "slack" allows the posterior part of the disc to migrate further than it would otherwise, leading to increased risks of disc bulging and herniation. If this wasn't bad enough, long periods of sitting has also shown to cause some of the stabilization muscles of the spine to "deactivate" and provide less support. This also increases risk of injury.

O'Leary Chiropractic recommends people who sit for long periods stand and straighten their spines every 20-30 minutes. This helps the PLL from being overly stretched and the lumbar muscles from becoming less active.

If you, your family or friends suffer from neck pain, back pain, extremity pain or headaches, we can help!

To set up an appointment please call **793-1205** or for more information visit us at: www.olearychiropractic.net or **find us on Facebook at O'Leary Chiropractic**



O'Leary Chiropractic accepts almost all types of major medical, not limited to:

- Empire Blue Cross
- Blue Cross/Blue Shield (various plans)
- CDPHP
- Blue Shield Northeastern New York
- MVP
- CIGNA
- The Empire Plan
- United Healthcare
- AETNA
- Medicare
- Workers Compensation/No Fault.
- Affordable self pay options

Do I need a referral?

You do not need a referral to schedule an appointment with Dr. O'Leary or Dr. Steele.