

# O'LEARY CHIROPRACTIC

Spinal Health Newsletter

July 2016

## Sitting, what is it good for? Absolutely nothing!!

Hopefully your singing the rest of the song like I am. While It's generally well accepted that long periods of sitting are not good for your back, most of us don't know exactly why. The answer is a process called "slow creep". Slow creep is a term used for the gradual increase in laxity of your spine as you sit. Not surprisingly, this may increase the likelihood developing a lower back condition.

The following are a few pertinent research based fact about the effects of sitting on your lower back.

1. The "creep" process starts immediate upon sitting.
2. Deep stabilization muscles of the lower back are inhibited during 20 minutes of sitting and recover only about 50% after 20 minutes of non-sitting. Think less muscular stability.
3. Ligament and tendon stiffness is reduced. Again, think less spinal stability.

Research on the matter is extensive. The take home point is that after 20 minutes of sitting your back will have greater and more uncontrolled motion. Both of which increase likelihood of injury.

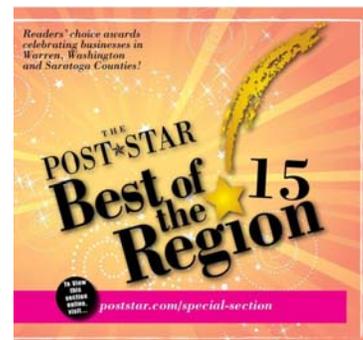
## What to do??

Quitting your desk job isn't such a good option, so do this instead.

1. Sit more upright. The more upright you sit, the slower the creep process progresses.
2. To avoid injury, avoid strenuous activity or lifting for at least 30 minutes after sitting. This will allow time to partially reverse effects of sitting.
3. Stand and do gentle lumbar extension to reverse the effect of slow creep during the day (assuming this is an appropriate exercise for you).

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](http://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:

- American Specialty Health
- Blue Cross/Blue Shield (various plans)
- CDPHP
- Blue Shield Northeastern New York
- MVP
- CIGNA
- MPN
- 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.