

# HOW SITTING EFFECTS YOUR POSTURE

Sitting for long periods on a daily basis can lead to serious health conditions including cardiovascular health, diabetes, obesity, depression and digestive issues. It also impacts our muscular system and thus our posture. Sitting in front of a computer can lead to rounded shoulders and a forward head posture potentially causing neck and upper back pain.

## What are some easy strategies to help prevent neck pain?

In general, it's a good idea to limit sitting to 30 minutes at a time while taking 'movement breaks' throughout the day. To help prevent the negative effects of sitting, the following exercises should be performed at least 1 time for every hour of sitting.

### 1. Bilateral Shoulder Flexion Stretch



Begin sitting in chair and place both hands on desk surface. Slowly lower shoulders toward knees as hands simultaneously slide forward on table until a gentle stretch is felt. You may slide away from the desk as far as necessary to feel the stretch. Hold for 30 seconds.

### 2. Seated Scapular Retraction



Begin seated at your desk. Shoulders should be back and head up. Raise and bend your arms so that elbows are near shoulder level. While maintaining good posture, draw shoulders back squeezing shoulder blades together. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds.

### 3. Head Retraction



Begin seated looking forward with shoulders back with good neutral posture. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position. Perform 10 repetitions.

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