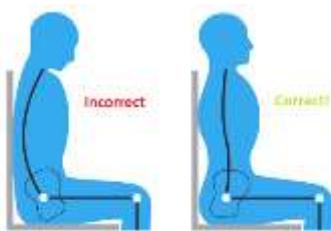


# COMPUTER-BASED, SEATED WORKING: THE EFFECT ON YOUR POSTURE

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## ABOUT SITTING



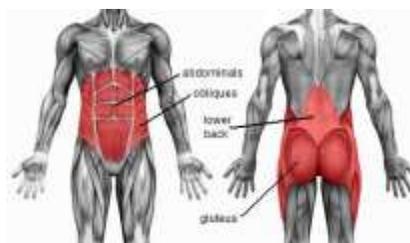
The problem with sitting is that it ultimately weakens our abdominal region, resulting in poor postural control and more slouching. It's a vicious circle of sorts.

Contrary to popular belief it isn't only a weak back that results in our common slouched seated position, but rather a weak 'core'. The 'core' as it is now commonly known, is not a 6-pack and is not obtained via multitudes of sit-ups!



The core comprises muscles at the front of the abdomen, the back, and underneath the abdomen. Essentially, it is a cylindrical support for the abdominal cavity and the organs therein.

Try this: sitting at your desk now, sit up straight. You'll feel your back muscles engage in your lower back, but if you concentrate you'll also feel muscles at the front of your belly tense up, and at the side. It takes team work from all these muscles to ensure a good posture.



The most deleterious effect of a weak core is the effect on the spine. If the lumbar spine is kept in a 'c' shape for too long damage occurs to the intervertebral discs, which are the spongy dividers between the vertebrae. Wear and tear ultimately leads to poor disc health and the back pain we all know far too well.

## HOW DO I KNOW IF MY CORE IS WEAK?

A physiotherapist can assess the muscles and your posture during a session, and offer advice based on the findings. If your core musculature is found to be weakened by sitting and slouching, you can strengthen it easily under the guidance of your physiotherapist, and even on your own once you have learned the nuances of core training.

The body really is a chain-link of bones, ligaments, tendons and muscle, and once your core deficiency has been identified and corrected you will find a noticeable reduction in pain at all joints, as well as a firmer, flatter stomach – which is always a nice addition!

## Book an appointment:

**Physiodynamix**, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Open from: 7am to 5.30pm

Telephone: 011 706 7433