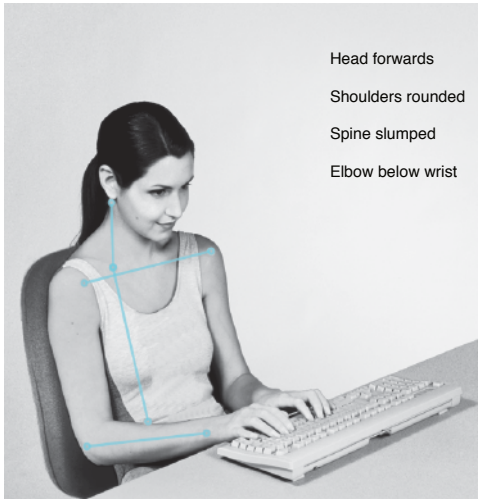
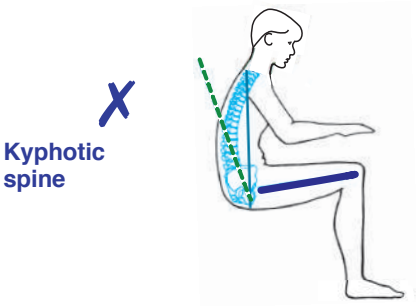
How to sit with a healthy posture

For a healthy posture sit upright with your head held over your shoulders in line with your hips and your back fully supported by the chair. This encourages the spine into it's neutral 'balanced' position.

By using the seat level the upper pelvis tilts forwards. The spine lengthens into a natural 'S' shape with weight more evenly distributed across the intervertebral discs and a better balance in supporting musculature.



Unhealthy - slouched



Pelvis
Pelvic crest forced to backward.

Spine
Spinal column C shaped,
with uneven compression of the lumbar discs and strained musculature.

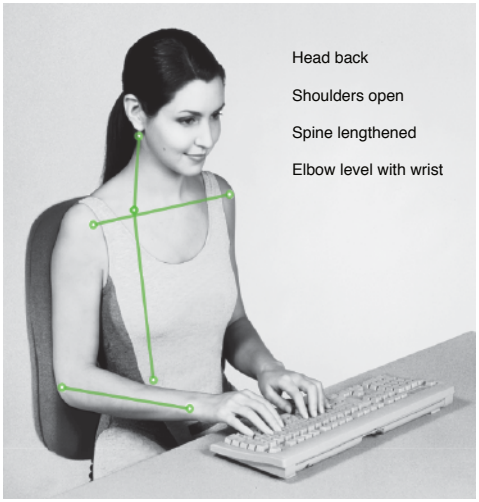
Muscles
Elongated in back, slack in abdomen.
Imbalance can weaken lower back.

Lower abdomen
Compressed. Poor digestion.

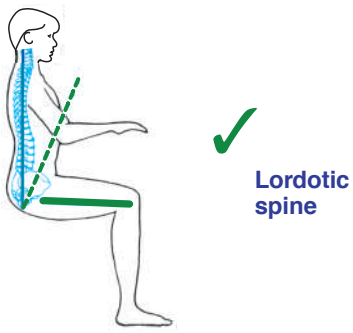
Breathing
Shallow only using upper part of chest.
Sooner onset of fatigue.

Circulation
Restricted.

Movement
Limited freedom of movement.



Healthy - upright



Pelvis
Pelvic crest rotated forward (1)

Spine
Spinal column S shaped,
with even weight distribution on lumbar discs and balanced musculature.

Muscles
Less strain in back, abdomen toned.
Balance maintained, lower back kept strong.

Lower abdomen
Not compressed. Improved digestion.

Breathing
Deeper using both diaphragm and upper part of chest. Delays onset of fatigue.

Circulation
Less restricted.

Movement
Greater freedom of movement.

(1) Using a forward tilting seat to aid an upright posture is not advisable for certain medical conditions. If there is any pain do not persist, use the seat in a level position or where comfortable. Initially vary posture regularly to allow muscles to adjust to any new position.

SitAbility
Burghfield Bridge Industrial Estate, Green Lane, Burghfield, RG30 3XN
Telephone: +44 (0)118 957 4620
E-mail: sales@sitability.co.uk Web site: www.sitability.co.uk

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moving you in comfort