

The Truth Behind Desk Posture

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Posture

Definition; Posture is the position/alignment of the body be it static (sitting, standing or lying) or dynamic (running, walking, jumping etc).



Posture Could...

Be responsible for giving you headaches
Impact your digestive health affect your sleep
Impact your productivity



Posture also reflects your...

Mood Self-Esteem
Empowerment
Alertness Energy



Your spine is a robust adaptable structure to be trusted

A common belief is that spinal pain is caused by sitting, standing, or bending "incorrectly."

Despite widespread beliefs about correct posture, there is no strong evidence that avoiding incorrect posture prevents low back pain, or that any single spinal curvature is strongly associated with pain.

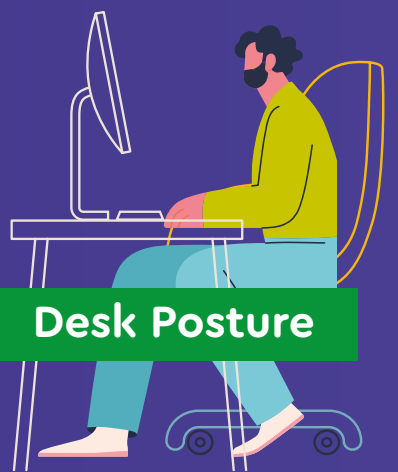
(Slater et al 2019)



Sitting is not as dangerous as you think

There is no evidence for an association or dose response relationship to support sitting on it's own as a factor related to pain* (Swain et al 2019)

It is not a one size fits all!



Desk Posture

Considering the average working life is heading from 40 to closer to 50 years.

With an average of **36hrs** per week (1730hrs per year) over **50yrs** believe it or not you'd actually find yourself sitting at your desk for **86,500hrs** or the best part of **10yrs**.

Changing position often and adding movement can help reduce aches and pains and be good for long term health...

Your Desk Posture Survival Guide: Take responsibility for yourself

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Look for opportunities to be active and/or make time to carry out some sort of physical activity and break up periods of prolonged sitting.

Motion is Lotion... bend reach twist move MORE



Neck

Gently tilt your ear to your shoulder
Gently take your head down to your chest
You might add a slight over-pressure at the end of the range
Reps/Breaths no Holds

Shoulder Rolls

Think about drawing the biggest circles possible with your shoulder

Really emphasise the extreme of each range especially the pinch of the shoulder blades back and down



Rib Flare

Arch over the back of chair (if/where possible)
Flare rib cage
Use arms to help emphasise motion
Mobilise don't force



Side Flexion

Create a nice big 'C' shape
Imagine being between two panes of glass (no forwards or backwards motion)
Mobilise don't force



Corkscrew

Going from Low to High
Rotate the torso using the arm to emphasise the motion and open up the chest
(Mobilise don't force)



Using your chair for balance
Lunge back with one leg
From here tuck the pelvis through feeling the stretch through the front of the hip
Breaths/Reps no holds



Hip Drive

Seated Glute

Sitting with your ankle up on knee
Gently press the knee away feeling the stretch in the buttock
Alternatively bend from the hips and take your chest down towards your shin
Breaths/Reps no holds



TOP TIP:
Little and often...

Complete 10-15 reps/breaths of each exercise every 1-2hrs or try one at a time every 20-30mins.

Remember: It's not so much HOW you sit but for HOW LONG