

Is Sitting the new Smoking?



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Goals of today

- What is Osteopathy and my background
- The impact of Sitting
- The perfect Posture
- What can we do to counteract sitting all day?



My background

- Originally from London (ish)



This one



Not this one



My Background

- Originally from London (ish)
- Attended football matches



Magic Sponge!



My Background

- Originally from London (ish)
- Attended football matches
- Rugby Injuries happened saw an Osteopath



My Background

- Originally from London (ish)
- Attended football matches
- Rugby Injuries happened saw an Osteopath
- Decided to study to become one





The Course

- 4 year full time masters degree
- Thesis – research component
- 1200 hours in clinic
- Graduated in 2010



Royalty!



What is Osteopathy?

- Dictionary Definition:
- a branch of medical practice that emphasizes the treatment of medical disorders through the manipulation and massage of the bones, joints, and muscles.



Founding Principles

- The Body is a unit
- Structure and function are reciprocally interrelated
- The Body is a self healing mechanism
- The Rule of the Artery is Supreme



Sitting



The Facts

- Actively Sedentary



The Negatives.....

- Obesity – Insulin Resistance
- Poor Digestion
- Brain
- Physical Effects



Potential Posture traps from sitting

- Head comes forward by flexing the lower neck
- Upper neck will go into hyper extension
- The chest and front rib cage fall
- The lumbar move back and go into extension
- Pelvis tips towards the tailbone

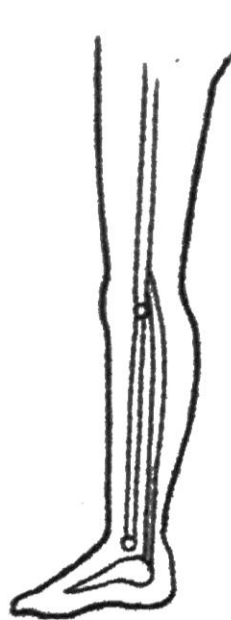
Sitting



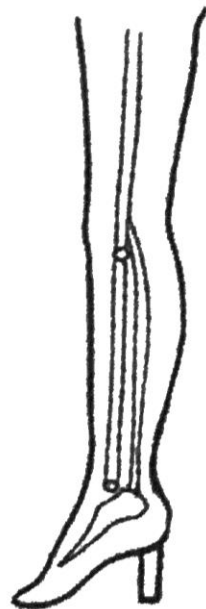
What is happening when we sit?

- Muscles are receiving zero neurological input
- Mechanotransduction
- Certain muscle groups held in shortened position, others held in lengthened
- Legs eliminated from their support position

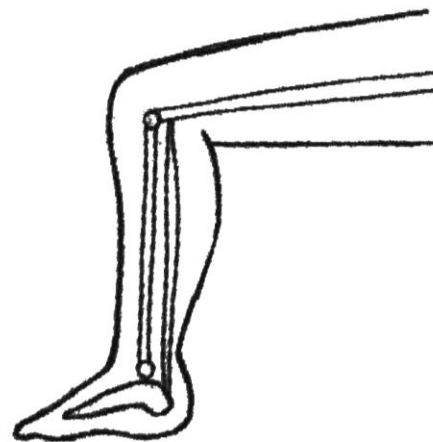




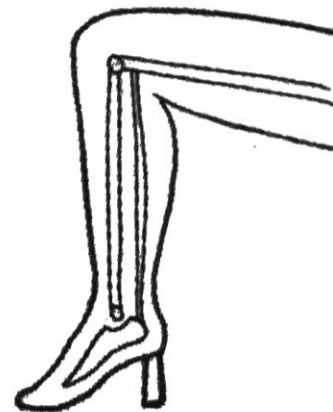
CALF LENGTH = X



CALF LENGTH
IS SHORTER



CALF LENGTH
IS SHORTER
STILL



CALF LENGTH
IS SHORTEST

Ergonomics For the Perfect Computer Posture

- The search for the perfect Chair
- The best way to sit.....



Switch to a standing only desk?

- Study posted in The Ergonomics Journal in 2017
- 2 hours of laboratory based, standing computer work.
- Discomfort increased in all body areas
- Reaction time and mental state deteriorated
- Creative problem solving improved
- Risk of Varicose veins



So what is the ideal scenario?

- 20 : 8 : 2



If that's not available to me?

- Take the wheels off your chair!
- Try and get one that doesn't rotate
- Purchase a stool, a gel cushion, a half dome foam roll
- When available take the phone call on your feet
- Exercises for at home and at the desk



What to do at the Desk?

- Address the issue of shortened calf muscles

GASTROCALF STRETCH

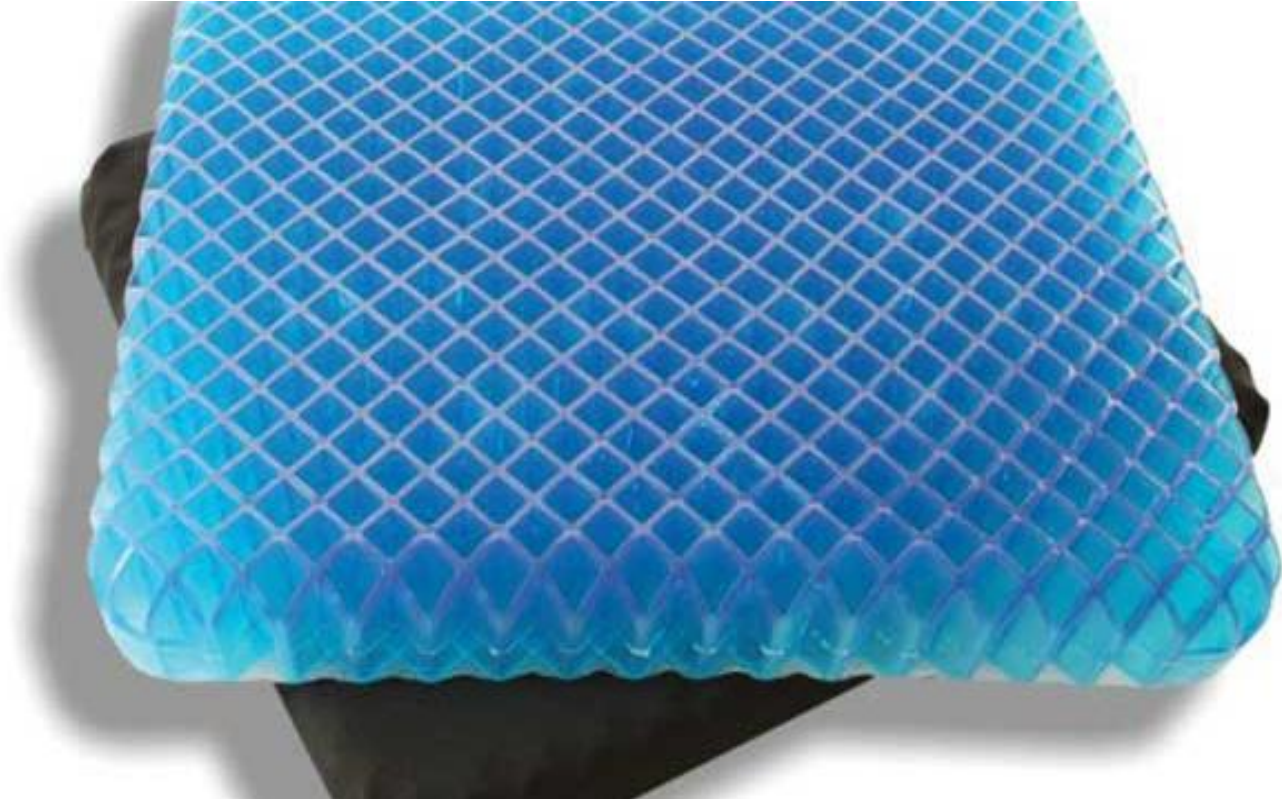


What to do at the Desk

- The Use of the Foot Stool
- Change the position of the feet to stretch the Hips



What to do at the Desk



What to do at the Desk

SEATED & STANDING PIRIFORMIS STRETCH



What to do at the Desk

- Upper body Nerve stretches
- The Waiter
- Chest Rotation left with right arm pulled down



What to do at home or maybe in the office?

- 3D Hip flexor Stretch
- Thoracic spine fig 8s
- Thoracic Spine traction



Thanks for your time

Questions

