

Sitting is an **ORTHOPEDIC PERFECT STORM**

NECK PROBLEMS

Hunching over your phone or at your desk puts **an additional 60lbs of extra pressure on your spine** causing wear and tear to your spinal cord, disc degeneration, herniation, surgery, nerve damage, headaches, compromised shoulder function, and compromised athletic function.

TMJD

Forward head on neck position from slouching leads to compromised jaw mechanics, and is a source of teeth grinding and jaw dysfunction, jaw pain, and headaches.

CARPAL TUNNEL SYNDROME

Sitting with rounded shoulders with poor neck position can cause compromised neurodynamics and collapsed nerve tunnels, which can cause carpal tunnel syndrome.

KNEE PROBLEMS

Too much sitting can lead to shortening and tensing of the quadriceps and calves which can lead to mechanical knee pain.

LOWER EXTREMITY PROBLEMS

Decreased muscular activity caused by sitting leads to decreased lymphatic flow and increased lower extremity congestion and swelling (aka "kankles").



HEAD WEIGHS

60 lbs
30 lbs
10 lbs



SHOULDER DYSFUNCTION

Slumping over in a chair creates internally rotated shoulders which can cause shoulder impingement, rotator cuff dysfunction, instability, "douchebag" shoulder, and general shoulder pain.

POOR DIAPHRAGM FUNCTION

A rounded or overextended sitting position can lead to compromised diaphragm function which results in poor breathing patterns, decreased VO2 max, decreased spinal stabilization, and increased stress breathing patterns which can lead to poor sleep, poor fat metabolism, early death, exacerbation of breathing disorders (asthma), compromised ability to down-regulate at night.

LOW BACK PAIN

Too much sitting is the root cause of non-specific low back pain, stenosis, and disk pathology.

HERNIAS

sitting is a contributing factor to hernias because sitting trains the abdominal wall to function poorly, making sitters more susceptible to hernias.

PELVIC FLOOR DYSFUNCTION

Prolonged sitting compromises pelvic floor function which can lead to bladder incontinence, hemorrhoids, poor spinal stability, and sexual dysfunction. Peeing yourself is NOT normal.

HIP DYSFUNCTION

It is not natural for your hip to be at a 90 degree angle all day. Sitting causes compromised hip function, impingement which leads to osteoarthritis, shortening of tissues, and compromised athletic ability.

Back pain is the

#1

cause of lost work days in the United States
(source: Dr. Anders Cohen, Brooklyn Hospital, NYC)

\$20
Billion/Year

in worker's compensation insurance is spent on treating Carpal Tunnel Syndrome
(source: US Dept. of Labor)

\$96
Million/Year

is spent treating back pain in the U.S.
(source: J. Med. Econ. 2012; 15(2):245-52)

Back pain affects
8 out of 10

people during their lives and is the leading cause of disability worldwide
(source: NIH)