

Avoid common injuries: Don't just sit there

Although movement is my life and I often practice it, I am consumed in a sitting posture for hours in front of my computer. We all sit to relax, learn, entertain, travel, work and so on. Many of us (me included) sit for six to 10 hours each day not realizing the consequences of prolonged improper sitting habits. We notice how bad our sitting posture gets if pain occurs or it disrupts the most important aspect of the Jackson livelihood, our sport activity.

For a good portion of the day, we are immobilized in the sitting position, and as a result sitting becomes slouching by the end of the day. Both can lead to biomechanical inefficiencies in sport activity and predicated orthopedic injuries, in particular, low back pain.

Sitting for long periods

promotes weakness, low exercise capacity, short and weak hip flexors and a spine that collapses forward due to fatigue. These shortening and lengthening difficulties can lead to common injuries we often hear about: Achilles ruptures, hamstring pulls, herniated disks, rotator-cuff issues and low back pain.

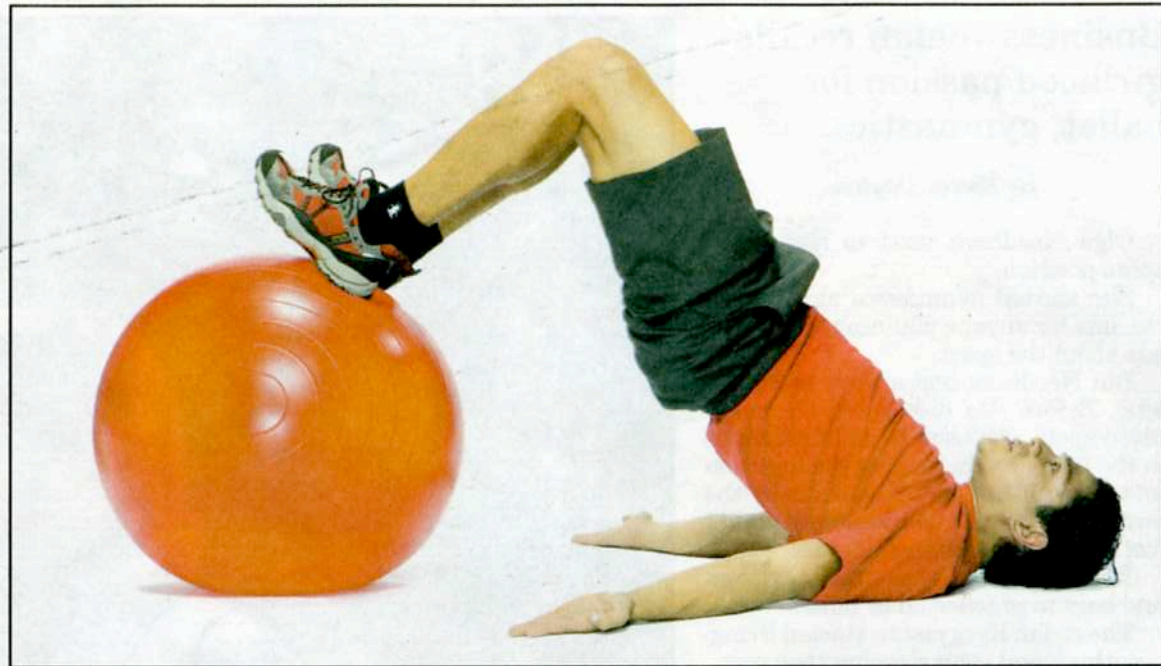
Nationally known exercise professional Juan Carlos Santana, states that sitting is a sedentary activity and the cure is physical activity that is performed at moderate to high intensity, and the activity does not matter.

Immobilization studies state that a muscle will regain its normal function after resuming normal activity for a couple of months, and it regains function much sooner with specific training. Thus, exercises that involve multi-



Training to be balanced

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For the elevated bridge pose, start on your back with heels on the ball and knees at 90 degrees. Activate your glutes and raise your hips, then lower them without touching the floor. Repeat.

plane strength and range of motion restore motion and function.

Slouching and immobilization in the sitting position tends to shorten or tighten the following major muscles: chest, latissimus, front

of the core, gluteal muscles and lower hamstrings. It simultaneously can lengthen or stretch out the following major muscles: retractors of the scapula (rhomboids, trapezius ... upper back), back of core (muscles along

the spine: paraspinals), gluteal muscles and upper hamstrings.

Physical therapists and hundreds of experts on the Web can show you proper ergonomics in sitting. My

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