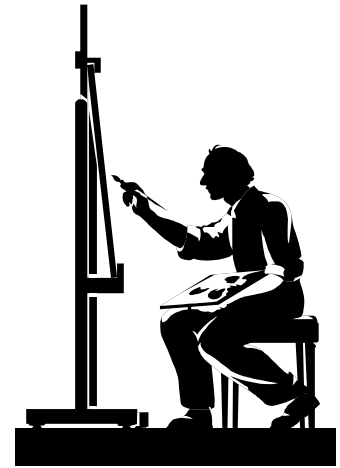


Back Fitness For People Who Sit

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Why am I sore?

- Poor Posture
- Weak Muscles / muscle imbalance



Good Posture (sitting)

- The 3 (or 4) Curves of your spine – front to back
- The possible side to side curves
- The support from your chair
 - Angle of the seat
 - Support in the low back
 - Support in the midback
 - Support in the upper back
 - The height of your chair versus the length of your legs and torso
- The way you sit
 - Chair position
 - Keyboard position
 - Monitor position – neck angle
- Other key factors
 - Visual stress – lighting
 - Noise factor
 - Other activities of daily living



Stretching & Strengthening for Balance

- Neuromuscular Patterns & Trigger points

Typical Weak Areas

- Lower shoulder – Lat, Teres, Rotator Cuff, Serratus
- Abdominals and Butt
- Inner Thigh vs. Outer thigh – Adductors vs. Iliotibial Band (ITB)
- Front of Thighs – Quadriceps
- Back of Upper Arms – Triceps

Typical Overtight Areas

- Neck and shoulders
- Low Back
- Between shoulder blades – eccentric contraction
- Pectoralis muscles
- Deep groin - Iliopsoas
- ITB
- Achilles, shins, and feet – Gastrocnemius, Soleus, Anterior Compartment of lower leg, planterflexors of feet