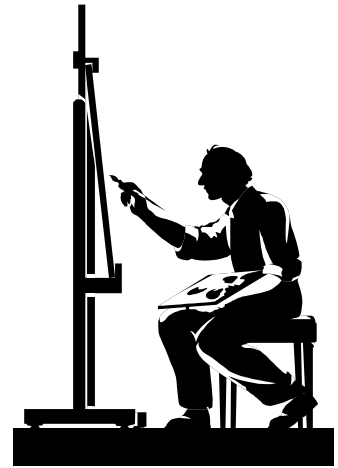


# Back Fitness For People Who Sit

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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