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*"treating the cause of your problem, not just the symptoms"*

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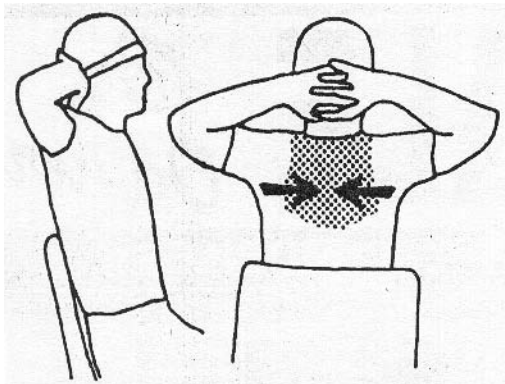
## **Sitting Too Much? Get Stretching!**

With computer technology making its way into almost any form of employment these days, not to mention facebook, online poker, and other computer games, the number of people that are spending most of their working and/or leisure days seated in front of a computer has increased dramatically. I always tell my patients that inactivity is just as bad for your neck and back as to over activity. This is especially true if your posture is poor while you are inactive!

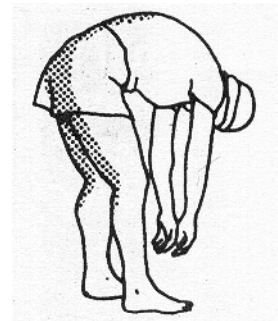
In order to try to prevent your neck and back from seizing up, it is a good idea to get out of your chair and walk around for a minute or two for every twenty to thirty minutes you are sitting. After you have gotten up to walk around, try the following stretches. Do them slowly and carefully, while breathing deeply. Do not bounce when stretching. If your neck and back are very tight to begin with, it is possible to injure yourself while doing these stretches improperly. In fact, if you suspect that your neck and/or back are very stiff, it would be a good idea to see your chiropractor before doing these stretches. Then, you can be examined properly to see if these stretches are too aggressive or perhaps even not appropriate for your situation.

If you are feeling chronic stiffness in your neck and back, usually accompanied by dull headaches and/or sciatica, after long periods of sitting, then you need to address it. Through chiropractic manipulation, spinal decompression (traction), and regular exercise, the effects of having to sit all day at work can be reversed. If you do nothing and just put up with the discomfort, the likelihood of eventually experiencing a serious bout of acute neck or back pain is very high. In addition, joints that remain in a stiff and inactive state are much more likely to become arthritic over the long term.

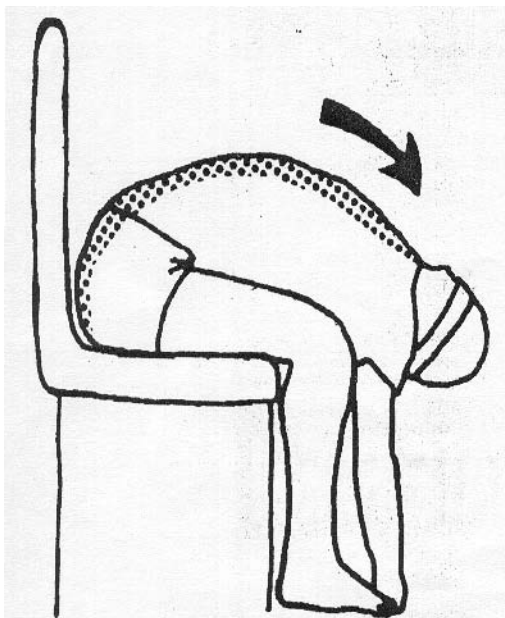
I have attached a few simple stretches that you should do a couple times per day, if not more.



With your fingers interlaced behind your head, keep the elbows straight out to the side with your upper body in a good, aligned position. Now think of pulling your shoulder blades together to create a feeling of tension through the upper back and shoulder blades. Hold for 20 seconds, repeat four times.



Start in a standing position with your feet shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Always keep your knees slightly bent so you do not stress the lower back. Let your neck and shoulders relax. Go to the point that you feel a slight stretch in the back of your legs. Hold for 20 seconds. Do not lock your knees or bounce. Repeat four times.



Lean forward to stretch and take the pressure off the lower back. Even if you do not feel a stretch, it is still good to release the muscle tension in the lower back. Hold for 20 seconds while breathing normally. Repeat four times.