

## CORRECTION OF THE SITTING POSTURE

You may have been sitting slouched for many years without neck and shoulder pain. But once you have developed neck problems you must no longer sit in the old way, because this posture will only perpetuate the overstretching discussed previously.

If you are sitting slouched with the low back rounded, it is not possible to correct the posture of the neck. (Fig. 3:2) Therefore it is necessary to *first correct the posture of your low back*. How to assume and maintain the correct posture of the low back in sitting is described in "Treat Your Own Back" also by Robin McKenzie. For the purposes of this book, however, you must be fully aware of the following. The natural hollow, present in your low back while standing, must be maintained during sitting in order to sit correctly. (Fig. 3:3) To achieve this the use of a lumbar roll is essential. A lumbar roll is a specially designed support for your low back (Fig. 3:4). The roll should

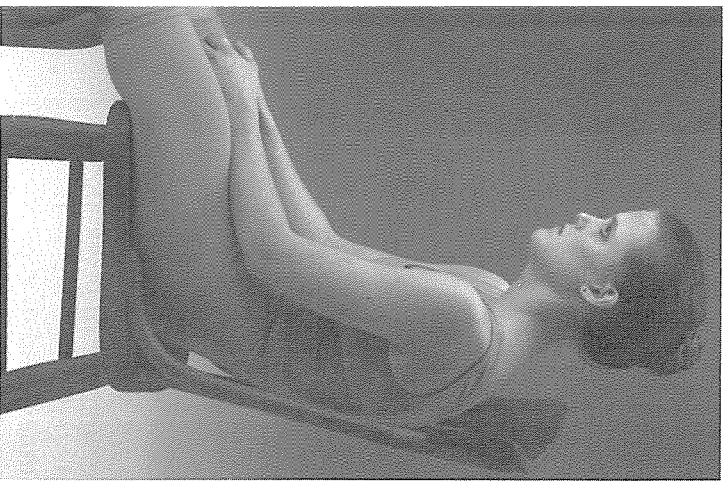


Fig. 3:2  
Poor neck posture. The result of insufficient low back support.

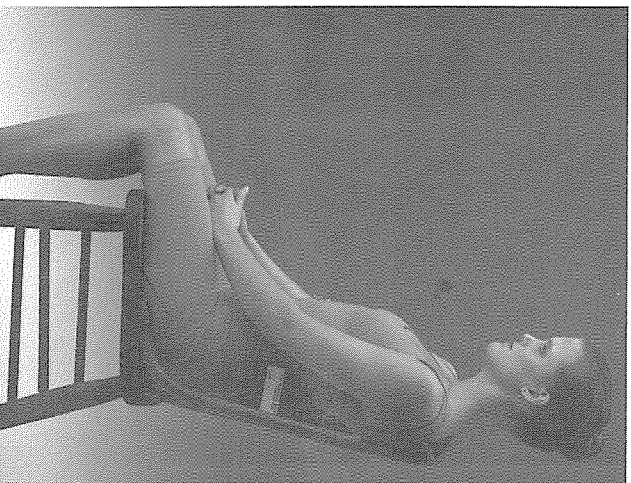


Fig. 3:3  
Good neck posture made possible with low back support.

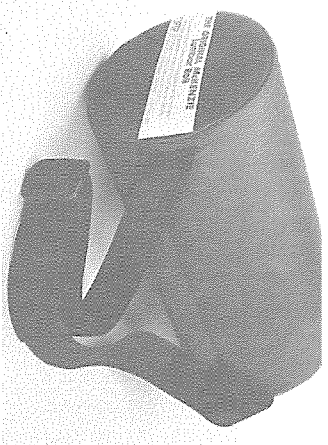


Fig. 3:4  
Lumbar roll.

be no more than three to four inches in diameter before being compressed, and should be moderately filled with foam. Without this support your low back slouches and your head protrudes as soon as you relax or concentrate on anything other than your posture, for example when talking, reading, writing, watching television or driving the car. To counteract this slouching you must place a lumbar roll in the small of your back at the level of your beltline whenever you sit in an easy chair (Fig. 3:5, 3:5a, 3:5b and 3:5c), car (Fig. 3:6 and 3:6a) or office chair (Fig. 3:7 and 3:7a).

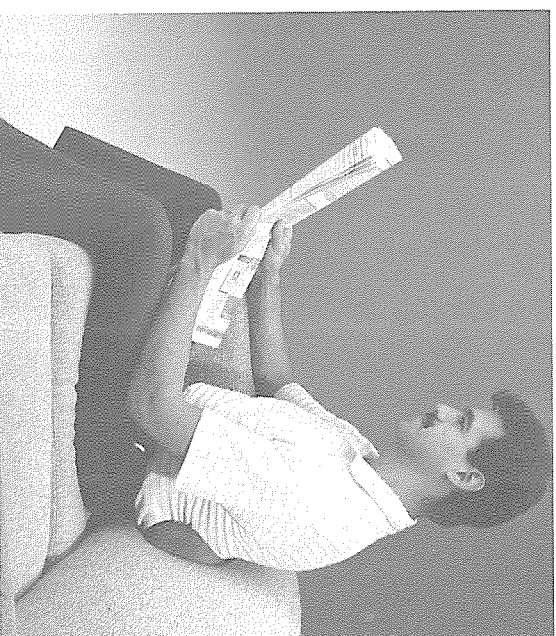


Fig. 3:5  
Correct.



Fig. 3:5(a)  
Incorrect.