SITTING

The Forgotten Health Risk!

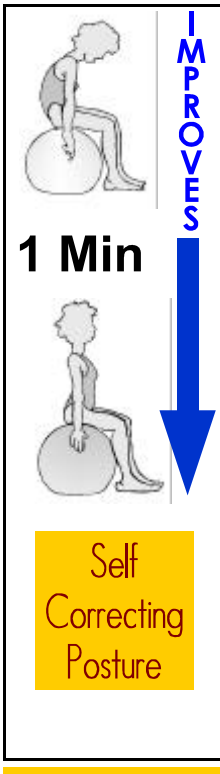
"The design of most chairs in common use today is based on ease of manufacture rather than the needs of you – the user!" Liebenson 1999

CONVENTIONAL SITTING POSITION

This position is very hard to maintain for more than a couple of minutes. Whenever a person tries to hold this position, the lower back straightens out - causing the back to hunch and the head to move forward. This forward position can cause fatigue of the neck muscles, musculo-skeletal disorders and chronic pain in the neck, upper and lower back.

When sitting in conventional chairs the hamstring muscles will tense. To relief this tension you unconsciously slide forwards away from the backrest, allowing the pelvis to tip backwards and straighten the lumbar lordosis. The body's sensory mechanisms are unable to correct these forces, resulting in a corrosive neurological activity that will damage your spine.

mediBall PRO - DYNAMIC SITTING



Sitting on mediBall corrects this problem found in all conventional seating. The surface tension and curve of mediBall adjusts to your body weight and tilts the pelvis gently forward. The advantage is that the angle between the thighs and trunk is wider thus reducing the hamstring muscles tendency to tip the pelvis backwards.

The slight instability of mediBall stimulates the sensory reflexes tend to tighten the abdominal muscles and activate the extensor muscles of the back. It is easier to maintain normal back posture (lumbar lordosis) as the muscles of the trunk are constantly activated and relaxed to compensate these small movements and keep the back in its natural balanced position.

The body easily learns a new behaviour pattern - dynamic sitting. The development of body awareness is critical to protection of the lumbar spine and general well being. Using mediBall allows the body to adopt better posture through thousands of small and often repeated corrections. This encourages reflex responses to correct posture - dynamic sitting stimulates both muscles and sensory receptors.

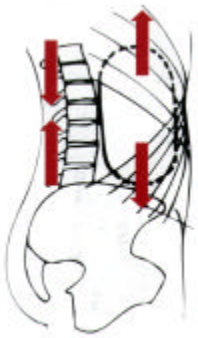
PAIN MANAGEMENT

Movement in a pain-free range of motion stimulates receptors, exploiting a natural role of pain inhibition.

The instability of the mediBall, requires continual small postural corrections while sitting. For most people these corrections reduce pain. For people who are reluctant to move their low back following a painful episode, sitting on the mediBall encourages mobilisation of the body in a gentle and controlled manner.

BACK PAIN

Low back pain has been described as the 'flu' of the musculo-skeletal system. It causes more time-off-work than any other condition. Most episodes settle within 6 weeks, there is, however, a 60-80% recurrence rate. There is mounting evidence to suggest that posture, impaired reflexes or movement and stabilisation patterns which are generally not treated under traditional rehabilitation programs are the cause of this. Using a mediBall to replace a conventional chair may help alleviate symptoms and promote stabilisation.



Our reflex is to tuck our abdominal wall (activating transversus abdominis) inwards when sitting on mediBall. This effectively increases intra-abdominal pressure, encourages postural recruitment of the deep spinal muscles and reduces strain on the lumbar spine.

Diagram from Wirhed

www.aokhealth.com.au