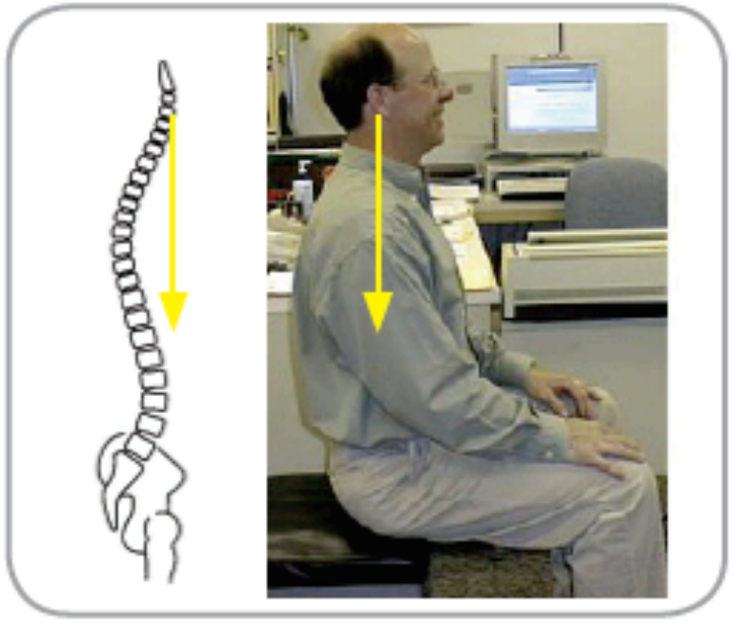
To Protect your spine when seated keep the natural curves to your spine
DISC PRESSURE GOES UP DRAMATICALLY IN A SLUMPED POSTURE

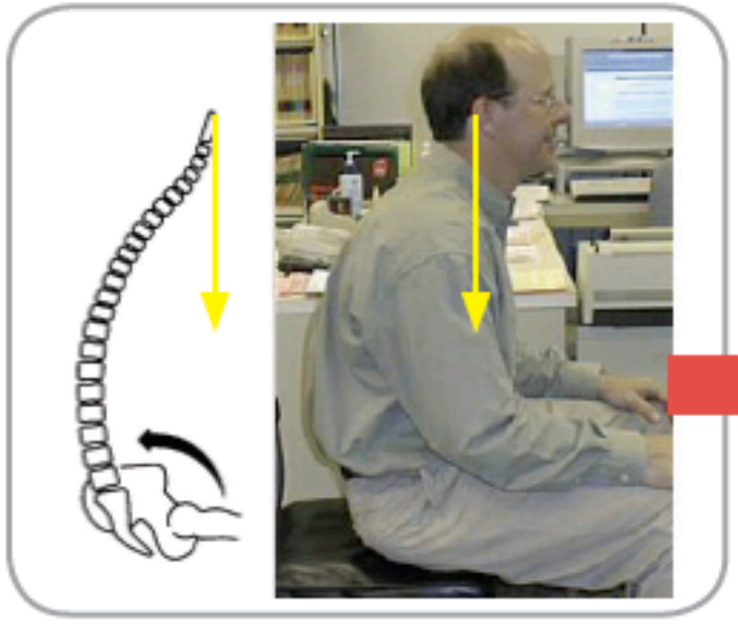
Know Your Joints
Muscle and Joint Care Suggestions

DETAILS: How Do You Sit, Slumped or Upright?
Slumped postures during prolonged sitting causes various issues, one of which is degenerative changes to spinal discs. Avoid seated spine pressure by maintaining upright seated posture, **where you keep the natural three curves to your spine at all times** - Did you know that there is almost a 100 p.s.i. intra-discal pressure difference between upright seated posture and a slouched posture.



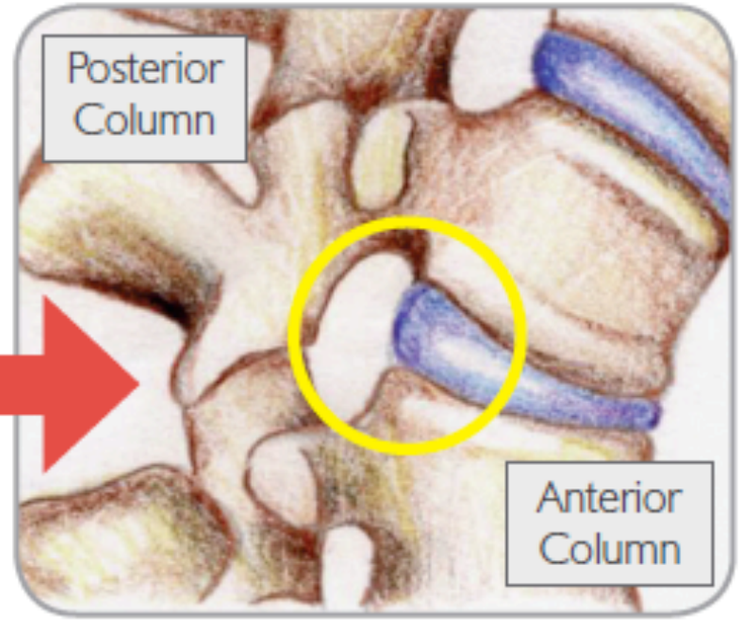
Upright neutral seated posture. Weight of torso distributed over facet column.

GOOD



Flexed rounded posture. Weight of torso distributed over the "Anterior Column" of support.

BAD



As the weight of the upper torso is repeatedly distributed over the "Anterior Column" of support, the posterior wall of the disc is affected.

To further that point keep the natural curves (Neutral Spine) while seated AND standing. Never Slump in either position! Chance of a bulging disc goes up dramatically. It is almost impossible to bulge a disc when the spine is in Neutral.

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DETAILS: Prolonged slumped postures causes the spinal discs migrate to backwards, which may lead to injury such as a bulging disc.