

## *THE EFFECTS OF A SEDENTARY LIFE-STYLE*

### Is your day job undermining your activity level?

Sitting for long periods during the day can adversely affect your performance in your chosen sport or activity and is quite often a predisposing factor in injury. Most of us are not professional athletes and spend large chunks of our day sitting hunched over a computer, in a vehicle or slumped on the sofa.

Such prolonged sitting can contribute to some of the following problems:

1. **Low Back Pain**: Increased lumbar spine compression can result due to increased tension of your shortened hip flexors. Reduced lumbar extension can also contribute to LBP. This prolonged flexed posture can overload the lumbar disc and lead to disc herniations.
2. **Hip Pain**: Tightness in your hip external rotators can lead to restricted movement at the hip and joint irritation.
3. **Cervical Pain and Headaches**: “Poked chin” posture, muscle imbalances in the neck and increased paraspinal muscle tension can lead to neck symptoms and even radiating pain into the hands.
4. **Shoulder Dysfunction**: Prolonged sitting will lead thoracic spine stiffness and lack of extension, lengthened and weak scapular stabilizers and tight pectoral muscles. All these changes will restrict normal biomechanics of the shoulder and lead to a shoulder dysfunction and possible rotator cuff tear.
5. **Knee pain and Hamstring Strains**: Prolonged sitting has also been linked to acute muscle strains in dynamic sports, in particular hamstring strains. That's because the lower back stiffness associated with sitting leads to altered nerve input into the rear thigh. This can manifest as increased muscle tone of the hamstrings, which will increase the risk of strain.

Our wonderful staff at **SPORT AND SPINE PHYSIOTHERAPY** can explain what active measures you can take, first to recognize the impact of your working environment on your physical condition, and secondly, how you can counteract these - and thus ensure that your day job is not undermining your efforts to achieve an active lifestyle!