

The Sitting Protocol.

A CHAIR THAT'S GOT YOUR BACK, LITERALLY!

- You are sitting upright with minimal slouching
- Your breath is deep and goes all the way into your stomach
- Your position is engaging all of your spinal curves without discomfort

CLUES THAT YOUR SEAT IS STAGING A PROTEST AGAINST YOUR COMFORT!

- Your shoulders/head/torso roll forward
- Your breath is short
- You feel any discomfort

TO FIND OUT IF A SEAT VIBES WITH YOUR BODY:

- Sit on the chair in an upright position.
- Take a deep breath in, breathe out completely, relax all of your muscles and let your body slump to whatever posture is most comfortable and feels most natural.

LET'S MAKE THAT SEAT WORK FOR YOU!

Take a scooch forward or backward on your chair and give it another go. You'd be surprised how a little shift can make a big difference.

Elevate your chair a smidge so your hips are living the high life above your knees.

When you're feeling like you've struck your postural gold, just tweak the backrest to hang out right behind you.

Are you still doing a little forward roll after trying the protocol, it could be a sign of subluxations. Pop in and see one of our chiropractors for a full check to look for underlying structural change - you'll be better for it!

