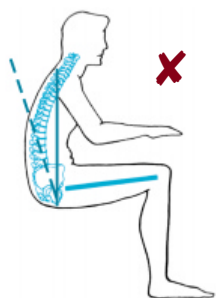


# how to sit correctly

The secret of sitting correctly is to encourage the spine to lengthen into its neutral 'balanced' position.

The pelvis should tilt forwards allowing the spine to hold it's natural 'S' shape.

This means weight is evenly distributed across the intervertebral discs and there is a better balance in the supporting musculature.



**Kyphotic spine**  
angle of pelvis crest makes spine go into a C shape

## unhealthy

### Pelvis

Pelvis crest forced to lean back.

### Spinal column

Strained spinal column, with compression of the lumbar discs.

### Breathing

Restricted, only using upper part of chest.

### Lower abdomen

Compressed. Poor digestion.

### Circulation

Restricted.

### Movement

Limited.

### Muscles

Elongated in back, slack in abdomen. Imbalance can weaken lower back

## healthy

### Pelvis

Pelvis crest rotated forwards<sup>(1)</sup>

### Spinal column

Extended spinal column, with even weight distribution on lumbar discs and balanced musculature.

### Breathing

Unrestricted, using diaphragm and upper part of chest.

### Lower abdomen

Not compressed. Improved digestion.

### Circulation

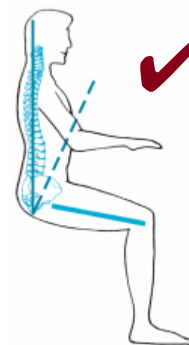
Unrestricted.

### Movement

Greater freedom of movement.

### Muscles

Less strain on back, abdomen toned. Balance maintained, lower back kept strong.



**Lordotic spine**  
angle of pelvis crest makes spine go into an S shape

(1) The use of a forward tilting seat is not advisable for certain medical conditions, if there is any pain do not persist, use the seat in a level position or where comfortable. Initially vary posture regularly to allow muscle groups to adjust to the new position.

## Advance Seating designs

Unit H, Field Way, Metropolitan Park, Greenford, Middlesex UB6 8UN UK  
Telephone: +44 (0)20-8578 4308 Fax: +44 (0)20-8578 4352  
E-mail: [chairs@asd.co.uk](mailto:chairs@asd.co.uk) Web site: [www.asd.co.uk](http://www.asd.co.uk)

**ADVANCE SEATING** *designs*

