

## **Prolonged sitting can cause physical problems.**

Every dedicated amateur athlete must handle the demands of their home life and school or work with their sporting ambition. The other elements in our life can impact upon sporting progress and the ability to excel.

Sports therapist Sean Fyfe, In the *Sports Injury Bulletin*, (<http://www.sportsinjurybulletin.com>) warns about potential adverse consequences of being sedentary during the day. Transportation in a car or plane can find our movements constricted for long periods of time. Even sitting at a desk at work or at school can be restrictive if you are only free to get up and move around according to rigid schedule.

What's wrong with sitting? Typically, Sean says, the sports therapist might expect to see:

- tight hip flexors, hamstrings, calves
- tightness through the external hip rotators, leading to restriction in hip joint range
- limitation of lumbar spine extension
- stiff thoracic spine
- protracted and elevated scapulas with weak lower trapezius and serratus anterior
- tight and weak posterior rotator cuff
- poked chin posture with associated weak deep neck flexors and overactive upper trapezius, levator scapula and rhomboid muscles.

“Prolonged sitting has also been linked to acute muscle strains in dynamic sports, in particular hamstring strains,” Sean writes. “The lumbar spine stiffness associated with sitting leads to altered neural input into the posterior thigh, the theory goes. This can manifest as increased muscle tone of the hamstrings, which will alter the length-tension relationship and increase the risk of strain.”

Sean Fyfe suggests that each athlete needs to correct their posture, daily flexibility regime, and the ergonomics of their work/school to help them obtain the alignment and muscle balances that are essential for them to achieve their sporting ambitions.