



ADI Rehab™

Couch

Ouch!

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Sitting for long periods of time may sabotage benefits of exercise



Unsurprisingly, stiffness and pain of the neck, upper back, and lower back are common issues that people face when working from the couch or while bingeing TV.

After all, no one lounges on the couch with a straight back—or not for long anyway. You settle down on the couch, and before you know it, it's already night. As for your neck and back, they feel as stiff as a board.

Couch ouch is a term used to describe that feeling of achiness, stiffness, and pain that arises from spending too much time in the same position on the couch.



Here's a look at some common postures you might (un)consciously slide into while on the couch, what damage they can cause, and how to save yourself from a bunch of aches. Who knew sofa-lounging could be such "back-breaking" work?

With social distancing in full effect, TV bingeing is becoming the most common activity these days. However, your favorite TV-watching position may be hurting your back, neck, and shoulders.

IS BINGE-WATCHING TV GIVING YOU A BACKACHE?

Here's how you know:

- Feeling aches in the neck, upper back, and lower back while lounging
- Feeling stiffness and pain in these areas when you stand up



HERE'S HOW YOU PREVENT IT:



The best thing: Minimize sitting in one position for too long. Movement is the best way to prevent pain from setting in. Whether you choose to frequently change positions, perform couch exercises, or take a break to walk around, motion is lotion!

The bad news: Taking breaks is a must! If you reached the "continue watching" prompt without changing positions, you've gone too long. Taking breaks every 20-30 minutes is ideal and can greatly reduce accumulative strain on the back.

The good news: If you find it disruptive to pause that exhilarating 1-hour episode half-way through, taking a 5-10 minute break after an hour is better than taking a 20-minute break every 3 hours. Small, frequent breaks are better than long, but infrequent breaks.

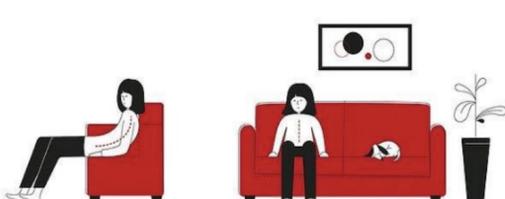
TIPS TO KEEP MOVING



- 1 Stand up, move around, or stretch during commercial breaks
- 2 Complete a Netflix workout challenge tailored to your favorite show

POSITIONING

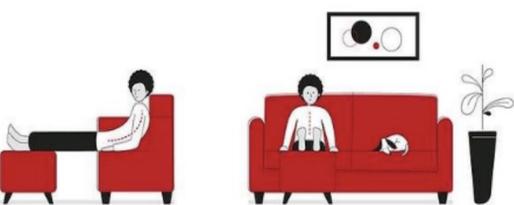
Slouched: The minimal lower back support in this position can lead to pain, achiness, and stiffness in the back, buttocks, and even cause shooting pain down the legs.



Twisted: The twisted position of the spine can cause discomfort in the low back or hips due to increased strain on the joints.



Boomerang: The awkward curve of the spine in this position forces the neck and shoulder muscles to work harder than normal to keep the head upright, which can contribute to forward head posture, muscular discomfort, and headaches.



Straight: While this is the ideal posture, sitting in this position for too long can also cause pain. Use this position as a mediator when switching between other sitting postures.



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