

Sitting Modifications to Improve Low Back Comfort



1. Scoot your pelvis to the back of the chair seat then lean backward & let your torso be fully supported by the backrest.



2. Place a rolled/bunched sweatshirt or jacket (or a lumbar cushion) between your lower back & the seat back. Try to create a natural, comfortable inward low back curvature. Your low back should neither be flat nor curved excessively inward.



3. Try placing a foam wedge or folded towel/jacket beneath your "sitting bones" to tilt your pelvis forward and create a natural inward low back curvature.



4. Use the chair armrests or desktop to un-weight your torso & decompress your low back. If the armrests are too low, use pillows to build them up. When using the desktop for support, scoot your chair forward so your whole back is still in contact with the backrest. You can also decompress your low back by pushing downward into the arm rests or chair seat (as if you were trying to lift your buttocks off the chair seat).

5. Change sitting positions frequently to allow fluid exchange in your spinal discs.

6. Take breaks from sitting every 15-30 minutes & stand up, walk around, or lie down for 5-10 minutes.



7. Try a corset-type low back support or belt when sitting. When these are worn snugly they can provide slight decompression.

