

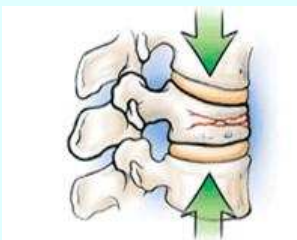
From: Physio4All [info=physio4all.com.au@mail346.us3.mcdlv.net] on behalf of Physio4All [info@physio4all.com.au]
Sent: Tuesday, 18 September 2012 8:38 AM
To: Steve
Subject: PHYSIO4ALL E-News: Sitting Increases Compression on Your Spine!

Learn about Sitting and Spinal Disc Compression!
Special Offer - 20% OFF all Floor Stock Tempur
Original Pillows!!!

Is this email not displaying correctly?
[View it in your browser.](#)

PHYSIO4ALL E-News

Sitting Increases Compression on Your Spinal Discs!



With too much compression and load, the discs in the spine lose fluid and become thinner, making them stiff, less able to absorb shock and thus an easy target for trauma. If we do not routinely bend and stretch throughout the day not enough fluid is reabsorbed back into the disc causing them to become

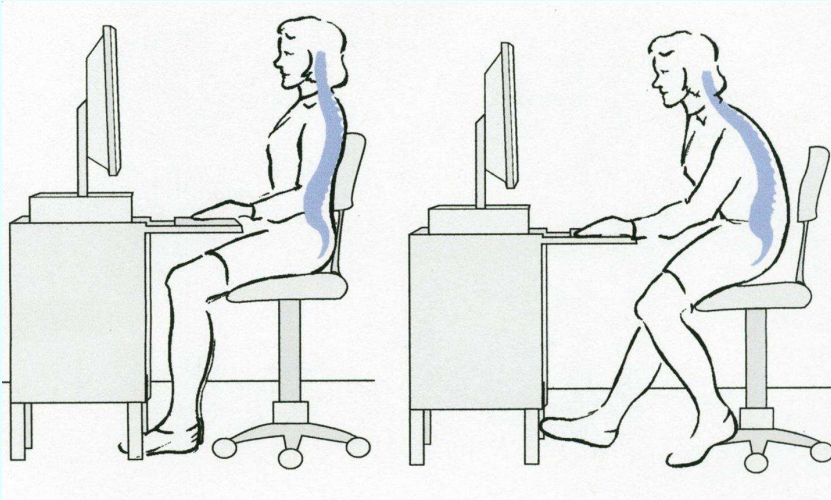
compressed, dry and irritable.

The greatest fluid loss is while sitting (we lose 10% of disc height within the first two hours).

How to reduce pressure in your discs

- **Get up** regularly when sitting - every **30/40 mins**
- Perform daily **decompression exercise** (see video below)

- Ensure the **ergonomics** at your work station are correct
- Use tactics to make good **posture** easy (ask us how)



Correct sitting posture



Poor sitting posture

Ideally, the S-shaped curvature of the spine that is characteristic of good standing posture should be maintained in sitting. This is best accomplished by sitting all the way back in your chair and maintaining a lumbar (low back) hollow to reduce compression in the spine.

If you would like any advice regarding your posture or workstation ergonomics or if you have any injuries please call one of our physiotherapists on [9922-2212](tel:9922-2212).



Check out a great YouTube video: [Physiotherapy North Sydney: Posture Pause and Decompression Exercises for the Workplace](#)

PHYSIO4ALL ANNOUNCEMENTS

SPECIAL OFFER!!!

Need a better pillow?? Download the following voucher, and receive **20% OFF a **Tempur Original Pillow!** Only for Available**

Congratulations!!!

Congratulations to all the Blackmores Sydney Marathon and Half Marathon

Floor Stock - **THIS WEEK ONLY!**



runners!!! Hope you had a great run and enjoyed yourself. If you have any problems or concerns after the race, **just call us on 9922 2212** to book an appointment.

For **10% off** your next physiotherapy session,

[Like us on Facebook](#)

by clicking on the following link:

<http://www.facebook.com/Physio4All>

OR

You can use a QR code reader on your Smartphone:



Copyright © 2012 Physio4All, All rights reserved.




Hi! You signed up because you wanted to receive the fantastic newsletter from PHYSIO4ALL, or you were referred by a friend to receive our newsletter. Remember, there are special offers that only those in the PHYSIO4ALL family receives, and we love that you are a part of the PHYSIO4ALL family.



Our mailing address is:

Physio4All
Shop P16, NorthPoint Plaza
100 Miller Street
North Sydney, NSW 2060
Australia

[Add us to your address book](#)

[follow on Twitter](#)  | [friend on Facebook](#)  | [follow on YouTube](#)  | [forward to a friend](#)  |
[unsubscribe from this list](#) | [update subscription preferences](#)

