

## A Trick For Sitting More Comfortably:



*Figure 1. A folded hand towel or wash cloth can be placed under one buttock to help reduce mechanical stress on the spine. Because all humans are slightly asymmetrical, this can be used all the time when sitting to help compensate for asymmetry.*



*Figure 2. Place the folded towel under one buttock and sit in a relaxed posture. Notice whether or not this feels more comfortable than without the lift. If it is more comfortable, you can use this for extended periods of time (be careful not to be sitting on a wallet at the same time). If the lift makes sitting less comfortable, move it to the other side and notice if that improves things. If not, try using different thicknesses of the lift and move it from side to side until you find a thickness and position that helps.*