

Sitting Posture:



Figure 1. Poor Sitting Posture: Sitting with the lower back unsupported places considerable stress on the back portion of the spinal discs and can cause or worsen disc bulges related to sciatica and back pain.



Figure 2. Good Sitting Posture: Sitting with the lower back supported, or by supporting the upper body on the arms (in cases where leaning forward reduces pain) are the best positions for sitting. Even in the best of situations though, prolonged sitting is hard on the lower back, so getting up and moving around for at least a minute or two every half hour or so is highly recommended.