

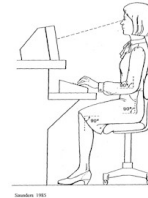
# P.A.S.T.<sup>®</sup>

## Functional Fitness Method

### Self Empowering Journey Out of Pain

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#### SITTING POSTURE At the Workstation



***Remember, don't fight the constant of gravity; after all, going to work each day is hard enough without adding increased tension to your body.***

- Keep your feet planted firmly on the ground; whatever you do with your feet will impact your entire body.
- Keep your knees bent at slightly less than right angles; you should be able to slowly roll a pen from hip to knee. This will keep the hip flexors from being in a locked and chronically tight position.
- Keep your upper body straight; your lower back maintaining its "neutral" posture. **No slouching allowed!**
- Keep your shoulders back and your scapula (shoulder blade) seated against the ribcage. Often times, the misdiagnosis of carpal tunnel syndrome is actually impingement of the brachial plexus up above from hunched and rounded shoulders.
- Keep your forearms parallel to the floor with your elbows at a right angle and your wrists straight and not hyper extended or over flexed; leave the "real" carpal tunnel some room.
- Keep your head suspended over the center of your pelvic bowl. Look forward with only a slight downward tilt and imagine your ears stacked directly above your shoulders.
- Keep moving and avoid maintaining the same posture for long periods of time, plus don't over rely on ergonomically designed "extras" that dumb down your own senses.
- Don't forget to blink now and again to allow for the eyes to be replenished with nutrients as well as keeping you from straining your head forward.
- Lastly, stand up, arch your back, and walk around every 30 minutes, or so.
- **Bonus: stand on the P.A.S.T.<sup>®</sup> Balance Boards for 3-5 minutes to recalibrate your posture.**