

### 3. Sitting Position

#### MODULE 6

A rocking chair or good armchair will make sitting more comfortable.





**The seat** must be at the proper height so that your thighs rest comfortably when your feet are flat on the floor. It should be deep enough to support the length of your thighs but shallow enough to let your upper and lower back rest against the back of the chair.

**The back** should be high enough to support your shoulders. It is even better if it can support your head.

**The armrests** should be at the right height so that you can rest your arms comfortably when you are sitting straight.

If you do not have a comfortable rocking chair or armchair, you can make any chair more comfortable by using a pillow, footrests, or footstools for support.

Here are a few tips to adopt a good sitting position.

SITTING POSITION	
	Sit up straight, with your back and the upper part of your buttocks resting against the back of the chair. Avoid sitting on the edge of the chair and slumping against the back.
	Your feet should be out in front of you, either flat on the floor or supported on a stool. Sitting with your legs crossed blocks blood flow to your legs.
	Use a stool to raise your legs and feet as often as you can when sitting. This is a good time to do foot and ankle exercises to improve your circulation. Try making circles with your ankles and stretching each foot up and down.
	Use a small pillow to support your neck and your upper back.