



SARTI

SPORTS MEDICINE

By: Joseph Sarti

The Anti Sitting Poses

Sitting for long periods of time allows our bodies connective tissues to adapt to a new model of what is best for the body. Unfortunately, this adaptation or interpretation is in general not good for the body. While there has been a shift as of late to standing desks this does not solve the problem and creates its own set of issues (i.e. shifting of hips side to side, sway backs, etc.).

Below is a few of easy postures that will help to reset the body after a day of sitting. All these are meant to be held for longer periods of time and thus are more gentle. The first set can be held for up to 3 minutes while the second set can be done for 10 plus minutes. As always, the key as always is to breathe.

Set 1:

Tadasana aka Mountain Pose:

Simple standing posture. I like to think of this as a standing version of Shavasana (our last



pose). But here we have to be active and aware, mindful of our body and its position in space. Cues from the feet upward.

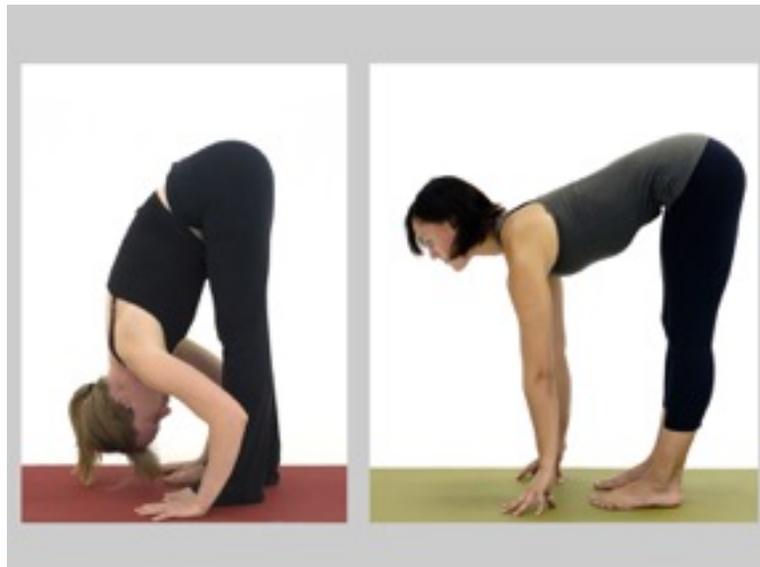
Spread the Toes

Feel the four corners of the feet engage the floor big and little toes, inner and outer heel.
Feel the heels spread the floor (note: they do not move, this is a gentle and subtle action).
Feel the knee caps pull upward lightly engaging the quads
Feel the inner thighs (adductors) gentle squeeze together
Feel the navel (belly button) gentle draw inward.
With the hands besides the hips feel the arms gentle hug the body
As your arms hug the body the shoulders should draw gently toward the floor
Fix your and gently pull your chin inward so your head rests over your shoulders.
Feel the crown (top) of the head reach upward
Now Connect it all together and be sure to breathe

Uttanasana aka Standing forward fold

This is a wonderful pose to calm the mind and relax the body. This pose is a great compliment to Tadasana. This can be an active pose such as its use in Sun Salutations and/or a passive pose. I have included it as a passive pose but you can start by being active to help release the initial tension and then relax and release for a deeper release/stretch. First pose is the gentle version, the second is known as the half way lift and is more active. The feet, legs, and navel all act similarly to the Tadasana pose in both variations below.

Note: it is not important to have your hands on the floor.



Downward Dog

This is a powerful position addressing the whole body in particular the backside aka posterior chain. It is not crucial that the heels touch the floor or that the knees are straight. This is something to work towards, especially the straight leg aspect. This can be held for 3-5 minutes, if this is not possible no problem just work up to it. Most important is to perform it daily.

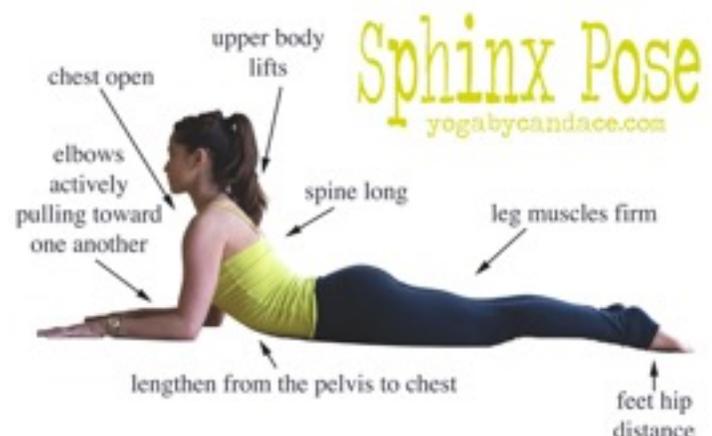


BOHARD-CUMMINGS

Floor Poses

Cobra Pose and/or Sphinx Pose

These poses are excellent for postural improvement. They address the spine, neck, shoulders and low back. The first pose Cobra is more difficult as you are not using the hands but the strength of the middle (thoracic spine) between the shoulder blades to lift the body. The general cues for both poses are the same. However with the Sphinx pose it is wonderful as a prolonged restorative pose and if you plan to do both versions this is best to do second. Goal is to spend time in this pose, again 5 minutes or more. Of course, as usual the most important thing is to do this daily.



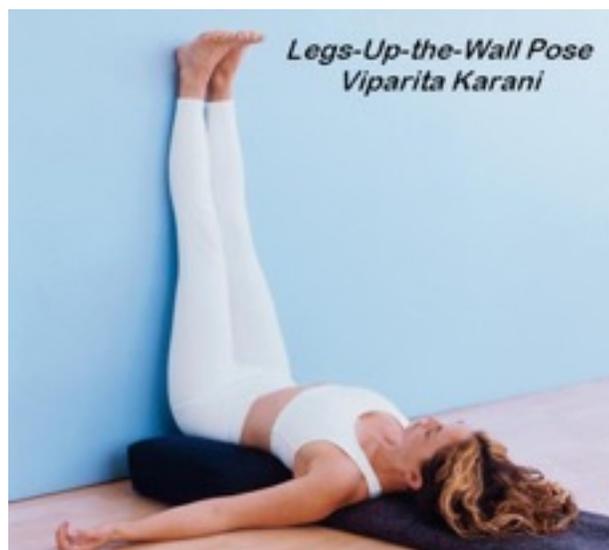
The Supported Bridge

This is a wonderful way to open the hips, chest and shoulders. Place the block under the hip (sacrum) and not the low back (spine). If you do not have a block simply use your own body (the gluteals) to lift the hips and press the heels away from the upper body to help. As a couple variations you can lace the fingers under the spine or my personal favorite of turning the palms toward the sky. If you have a block attempt to hold for 3 minutes and when finished hug the knees into the body to release any tension.



Legs Up the Wall

A gentle way to finish any movement practice. This alone is a pose worth doing. Calming and great for circulation but **be careful with any heart issues**. If you have a bolster you can do as shown in the photo but again this is not necessary. This is nice to hold for up to 5 minutes.



Shavasana

The ultimate in resetting the body and mind. This is the #1 pose or position. Here are a couple variations both of which are wonderful on and for the body. The ultimate in meditation, relaxation and postural reset. 10 minutes to an hour, more is better. Get comfortable, close the eyes and release your body into the earth.

