

Physical Rehabilitation Institute (PRI) would like to welcome you to our first informational e-mail. We thank you for your subscription and continued support.

Since most of you are reading this while sitting down at your computer, we thought it appropriate to give you some advisement on how best to sit.

Sitting Hints:

1. At home or work, sit in a straight chair with firm back support.
 2. Sit with your spine firmly supported by the chair or forward in the seat (not in between) with your knees level or slightly lower than your hips.
 3. Avoid sitting in the same position for prolonged periods (greater than 30 minutes). Arise frequently and move around the room.
 4. If possible, sit in swivel chairs with rollers; avoid chairs that may tip easily.
 5. Avoid sitting with legs crossed at the knees.
 6. Before sitting down, remove items from back pocket (i.e. wallet) in order to avoid sitting on them, creating an uneven surface.
- For more information regarding PRI, please log on to our website at www.mypri.net.

Sincerely, PRI staff

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.



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