

### **Sitting 4.11 Key Points**

1. Sitting is a challenge . . . we need to know the Chain Reaction™ biomechanics of the function of sitting
2. In sitting, we are tweaking something out, shutting something down, “eliminating some biomechanical friends” . . . we are in a position of disadvantage
3. Without motion you can not have stability . . . chairs provide external stability that inhibit our ability to load and therefore create mostability
4. BioErgonomics is training an individual to prepare for the activity
5. The concept of positioning around neutral and movement through neutral
6. The complaint is pain, yet the issue is performance
7. Understanding the commonalities in all forms of function, yet appreciating and taking advantage of the unique features of the function of sitting
8. The analysis of the ability to expand, unwind and unload
9. Analyzing and giving the gift of pelvic motion and thoracic motion in all three planes of motion . . . and the ability to use it subconsciously while sitting
10. Sitting is balance . . . everything is balance . . . the transformational zone
11. The chair is just a Chain Reaction™ butt reactor
12. The more we know and the better strategies we have, the more gifts we can give out
13. Our training and conditioning needs to make sense biomechanically and needs to feed that which we want to feed and really needs to be fun
14. Good research will always prove the truth
15. Ask the body functional questions and it will give us the functional answers