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“Fitness for people with inhibitors”

with Strength and Conditioning Specialist and Chairperson of the Irish Haemophilia Society Mr John Stack

GOOD POSTURE AND MOVEMENT PATTERNS

The first thing about exercise is – the younger you start, the better! That applies to everybody, not just PWI. Because there is a lot of learning with the exercise. One thing that we should understand is that exercise is performed when your brain communicates with your muscles. Those are called movement patterns – your brain sends a signal to the muscle and the muscle does something. Sitting down and standing up or putting your hands over your head and down again are movement patterns. **The more intuitive those are, the better – and earlier start contributes to developing this intuitiveness, which helps avoiding injuries.**

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It is important to remember that most injuries occur when we are not doing sport. For example, one of the biggest causes of back injury is picking socks off the ground. **It is because we do not pay attention to our bodies** – we see the sock and pick it up. The back is round instead of being flat, and that is where most common back injuries come from. What you should do is bend your knees and hips, and squat down to pick something up. This is very important notion for mums as well, who are picking up their children! You have to be aware of your movements generally.

If you have an office job – which is the case for a lot of people – you tend to sit at your desk far too long. **Every 30 minutes you should stand up and do some stretches,**

get your heartrate a little bit higher, then sit down and get back to work again. Even research shows that we work better when we do that.

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When we sit, we need to get into a habit to be sitting up tall, not slouching. For instance, I have some books under my computer to bring up the screen and camera to my eye level. Before I did that, I did not think there was a problem with my computer, but when I did it I realised that my posture was so much better by having my computer set up properly. When you are slouching, your diaphragm and your rib cage are pressed in and you do not have good lung capacity, while when you sit up straight – you do.

Also, the muscles on the front of your leg are the hip flexors and they get tight when we sit all the time. **When our hip flexors are tight, our pelvis tilts and that can cause back pain. If your pelvis is off and you have a back pain, the chances are higher that you put yourself in a position for a bleed.** First of all, your hips are not aligned and you are not moving as well as you should. That is why it is important to actually stand up and stretch and make yourself as tall as possible, with hands over your head.

I work with teenagers and when they start with me, I see that they lack so called fundamental movement skills, that everybody should have. But they don't have them anymore, because they are spending too much time sitting.

