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Stand to sit

First, make sure the chair is right behind you; then forget about it. Establish a long and grounded standing position. Fold in at the crease where your thighs join your pelvis, letting the knees bend at the same time. Bring the sit-bones to the chair. Come back into balance, and feel that you are standing erect on your sit-bones, fully supported by the solid chair. Check your balance by swaying gently back and forth. Rotate your arms to rotate your shoulder-blades into position; nudge your head back into balance over your centerline, tap the top of your head, and snap your fingers over your head so you feel alert, poised and balanced. Feel your central vertical axis. Drop your weight deeply into the ground through sit-bones and feet. Down, up and around!

When necessary, you can scoot your butt all the way to the back of the chair and rest your long back into the back of the chair.