

CHIROPRACTOR

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Can carrying a wallet in my back pocket and sitting on it really be causing my pain?



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ANSWER: Yes, if you sit on your wallet, this elevates the pelvis on one side. If your pelvis is elevated on one side, your spine and pelvis must compensate for this imbalance by rotating and curving to bring your center of gravity back to the middle. As a result of sitting unevenly, your muscles spasm and the joints of the spine and pelvis become misaligned, fixated and stuck. When a joint loses motion, it starts to decay. The joints cannot get the nutrients they need to stay healthy and starts to inflame causing pain. Avoid carrying a wallet in your back pocket and sitting on it. Keep your spine and pelvis in as neutral of a position as possible while sitting to help your back stay healthy.