

The syndrome of 'dead butt', the nightmare of many people sitting

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The syndrome of "dead buttocks" or gluteal muscular inflammation is one of the serious consequences of sitting too much but is not well known.

1. 6 simple ways to minimize the harmful effects of sitting for a long time
2. 10 dangerous things will happen to your body if you sit all day



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Your butt can really "die"

Simply understood, dead butt syndrome is the phenomenon of your butt "forgetting" that you are a butt, and the muscles around your buttocks are really paralyzed, unable to react.



According to physiologist Pete McCall, the cause of this phenomenon is that when we sit, the folded muscles around the hips are tightened, making the gluteal muscles not work properly.

McCall added: "*It is a muscle balance, when a muscle is shortened (a flexor muscle) that causes another muscle to stretch out on the opposite side (gluteal muscle) to compensate .*"

Specifically, in the seated body, the flexed hip muscles are tightened and the gluteal muscles will expand to compensate. Sitting too long and repeating for a long time makes the gluteal muscles always at such stretches causing "dead butt" syndrome. When you need to use the gluteus, it will produce less force, so other parts of the body must work harder to make up for the buttocks. This is what causes the hips, knees, and spine to suffer from unnecessary pain.

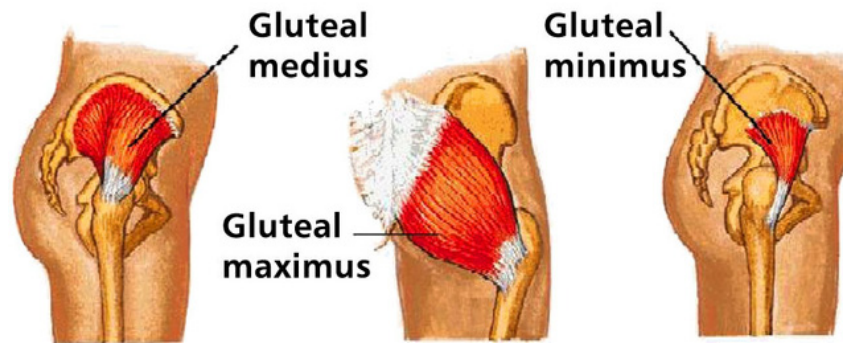
How to check if you have a dead butt syndrome

Working in the office and sitting too much, check yourself to see if you have a "dead butt" syndrome.

If you lie on your back and can't move your buttocks separately or when you stand upright, but feel that your waist is slightly tilted forward, then you may have had this frightening syndrome.

What to do to avoid butt syndrome dies when sitting a lot

According to Sara Lewis, director of the XO bodybuilding company in Los Angeles, to revitalize your table, you must constantly work on all three types of gluteal muscles: gluteal medius, gluteal maximus and gluteal minimus.



3 types of gluteal muscles

Don't worry, there's a way to fix it if you have this "dead butt" syndrome.

1. Regularly get up from your chair during business hours, it is best to set the phone alarm to remind you of the campaign time. Stand up, walk around, and do some stretching.
2. Sit in the correct position, adjust the height of the chair so that the toe of the big toe must touch the floor.
3. Exercise: Squat, lunge or deadlifts (weightlifting squat) are all exercises that have a great influence on these muscle groups.
4. If you don't have time to practice, just stand up, "tighten" your buttocks for 5 seconds and then release them, repeat 10 times throughout the day, your buttocks will live up for a short time.

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