



Texas Orthopedics,
Sports & Rehabilitation Associates
www.txortho.com

S.L.A.M. (Sit Like A Man)™

Sitting Like A Man will not come easily for most women. We've been training ourselves to sit "Lady-Like" for years! Before I tell you how to **SLAM**, I'm going to suggest that you observe how men sit. Watch your husbands, sons, boyfriends or any guy for that matter. Soon you will begin to see the pattern. I'm also going to show you how not to sit.

NOT LIKE THIS!



Women tend to sit with their knees together and their thighs rotated inward. This increases stress across the back of the buttock, the hips, the knees and ankles, especially when you go to stand up!

AND NOT LIKE THIS!



(OVER)

Northwest Austin
439-1000

Central Austin
439-1002

South Austin
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Marble Falls
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LIKE THIS!.



Notice the relaxed position of the hips. Allow them to drift apart. This won't seem natural, and it certainly will feel un-lady-like.

AND LIKE THIS!



Don't forget to keep your hips and knees in the same position when you get in and out of the chair.