



154,944



SPARKPEOPLE®

Info



Photos



Feed



Awards

More



My "sitting" injury - literally a pain in the butt!

Wednesday, September 23, 2015

I've reported oddball injuries before.

Tripping over a sidewalk planter while scanning ahead for the Cheesecake factory (frozen shoulder)

Missing a step at Golden Corral as I scoped out the dessert buffet and twisting my knee.

Dropped a can of soup on my toe - took a long time for that to heal.

Those were food related injuries.

After my run on Sunday, I stretched as usual and blogged about DH & his donuts. Then we spent over 5 hours driving home to VA. We stopped for gas and lunch and bathroom breaks and each time I walked around a bit and stretched.

Monday morning my butt hurt! Not my hip joint thank goodness, the actual butt fat/muscle was in spasm. Fortunately, I had a scheduled appointment to have a massage and she really worked to loosen it up.

The likely explanation is that I always cross my legs when sitting In the car and not moving for hours at a time caused the problem. The massage and Advil helped a lot along with some easy walking and yoga. I even got my extra minute on the bike (16 - yea!) although the distance was less because of the lower rpm. Easy does it and little by little it improved.

Today I did an easy walk & run, stretched, yoga, iced and I think I'm almost back to normal.

Just one more reason to keep moving. You don't have to do a lot, just do as much as you can and maybe even a tiny bit more each day.

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by **BROOKLYN BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

Member Comments About This Blog Post



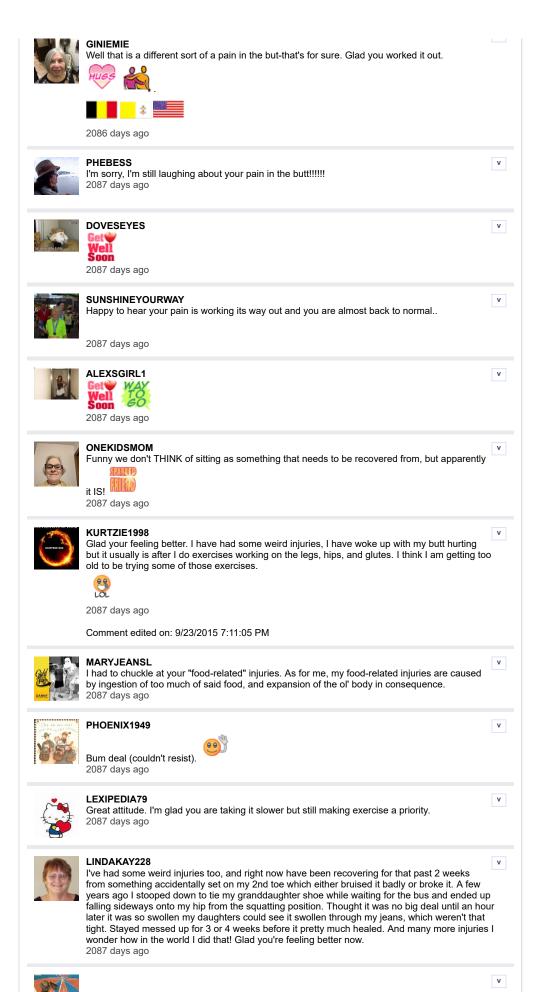
MISCHAKEO

Yes, my physical therapist tried to get me to not cross my legs while sitting. Yoga and massage are the perfect ways to work out sore muscles! 2085 days ago









WALLAHALLA What a "bum"mer. I do all sorts of funny exercises on long car trips to try to keep that from happening. Clenches and such. Works pretty well most of the time. 2087 days ago KRISZTA11 ٧ I always cross my legs, despite I know it is not a healthy habit : (But it is so comfortable! Now, I un-crossed them, both feet on the floowr:) 2087 days ago JEANKNEE ٧ Sorry to hear about the pain in your derriere; but, happy to hear that it is resolving. Sensible response, lady ... and feeling better already. Love it! It continues to amaze me how hard sitting can be on our bodies. We really are designed to move. And, like you said, "You don't have to do a lot, just do as much as you can and maybe even a tiny bit more each day." Wishing you a speedy return to normal. 2087 days ago KRISSY82 ٧ Ouch :(I'm sorry to hear about your pain. I'm glad you are almost back to normal though! LIVEDAILY v Just because you CAN cross your legs, doesn't mean you SHOULD. It's actually one of the worst things you can do for your legs, and now your butt, as you found out! You are doing so well on the beast!! Good for you!! 2087 days ago Add Your Comment to the Blog Post Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines. ADD AN EMOTICON SPELL CHECK ☐ Subscribe to this blog **Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.