



BROOKLYN_BORN

 Change Banner Image

154,944
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  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





GINIEMIE

Well that is a different sort of a pain in the but-that's for sure. Glad you worked it out.



2086 days ago



PHEBESS

I'm sorry, I'm still laughing about your pain in the butt!!!!!!
2087 days ago



DOVESEYES



2087 days ago



SUNSHINEYOURWAY

Happy to hear your pain is working its way out and you are almost back to normal..

2087 days ago



ALEXSGIRL1



2087 days ago



ONEKIDSMOM

Funny we don't THINK of sitting as something that needs to be recovered from, but apparently



it IS!

2087 days ago



KURTZIE1998

Glad your feeling better. I have had some weird injuries, I have woke up with my butt hurting but it usually is after I do exercises working on the legs, hips, and glutes. I think I am getting too old to be trying some of those exercises.



2087 days ago

Comment edited on: 9/23/2015 7:11:05 PM



MARYJEANSL

I had to chuckle at your "food-related" injuries. As for me, my food-related injuries are caused by ingestion of too much of said food, and expansion of the ol' body in consequence.

2087 days ago



PHOENIX1949

Bum deal (couldn't resist).
2087 days ago



LEXIPEDIA79

Great attitude. I'm glad you are taking it slower but still making exercise a priority.
2087 days ago




LINDAKAY228

I've had some weird injuries too, and right now have been recovering for that past 2 weeks from something accidentally set on my 2nd toe which either bruised it badly or broke it. A few years ago I stooped down to tie my granddaughter shoe while waiting for the bus and ended up falling sideways onto my hip from the squatting position. Thought it was no big deal until an hour later it was so swollen my daughters could see it swollen through my jeans, which weren't that tight. Stayed messed up for 3 or 4 weeks before it pretty much healed. And many more injuries I wonder how in the world I did that! Glad you're feeling better now.
2087 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





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 floor :)
2087 days ago



JEANKNEE

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

Ouch :(I'm sorry to hear about your pain. I'm glad you are almost back to normal though!
2087 days ago



LIVEDAILY

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](#).

Subscribe to this blog

[ADD AN EMOTICON](#)

[SPELL CHECK](#)

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.