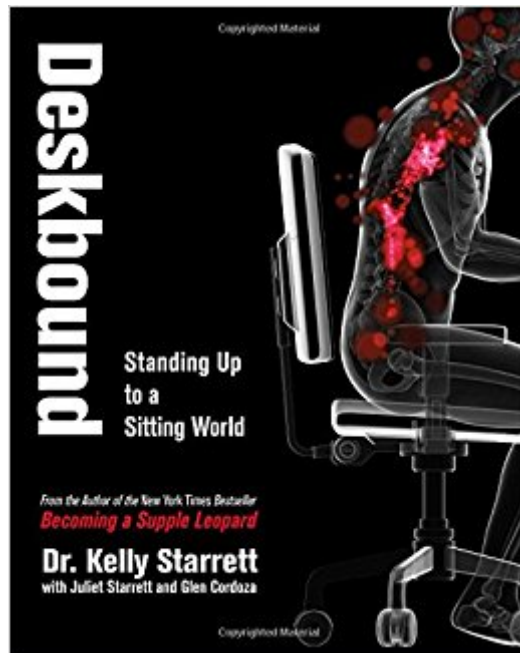


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# Deskbound: Standing Up To A Sitting World



## Synopsis

You'd better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body. In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life. You will learn how to:

- Easily identify and fix toxic body positions
- Eradicate back, neck, and shoulder pain
- Mitigate carpal tunnel syndrome forever
- Organize and stabilize your spine and trunk
- Walk, hinge, squat, and carry with peak skill
- Perform daily body maintenance work using 14 mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

## Book Information

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## Customer Reviews

First, this book is much more than just a message about standing up and moving more. I was honored to receive an advanced copy and the book is amazing, very practical, and essential for people living in modern times. Unfortunately, many people have literally become "Deskbound." This book is a powerful solution to that problem. The book offers immediate solutions to the issues associated with static sitting postures. The health consequences of sitting are a significant problem in today's world and anyone who remains seated for long periods is causing problems in the short term and long term. Static sitting is an "orthopedic mess." Deskbound is beautifully organized and visually represented, which I'll get to in a minute. I should also mention that this book is much different from other books I've read on the same subject - it's extremely actionable. While there are mobility "fixes" in the book, Deskbound expands on mobility concepts from *Supple Leopard* and presents things in an entirely different way. The book is also not a light read. It's extremely comprehensive and more "textbook-like" - as is its predecessor, *Supple Leopard*. Essentially, this is a book about movement, biomechanics, and optimizing positions to prevent the problems associated with sitting all in a very useful and complete system with amazing visuals to support the concepts and principles.

Yes, only 3 stars. I'm reviewing the book as a whole, not just the content. I give the content a 5, the writing a 4, and the physical print quality a 2. Here's why...Content is excellent. I've got the other books he wrote, they are very helpful and the amount of pain removed from my body makes it worth far more than I paid. About the only improvement I could suggest is more sketch overlays that indicate the area of focus, direction of motion, things like that. I sometimes have to re-read the text 4 or 5 times to try and figure out the motion implied in the photo or series of them. Sketch lines down the spine and arm or leg, little angle symbol or curved arrows help me to understand very well. I still give it a 5 because maybe I'm just a visual learner and need that kind of thing, maybe most people can just "get it" from the words. The writing style just isn't for me. It's not bad, it's conversational, and I get why. This is not a textbook. (I think the content could be re-written as a most excellent one.) Repetition bugs me. I know I need to re-read things to understand. Seeing the same phrases written out over and over again may help some people, but doesn't make understanding any easier for me. The foreshadowing is excessive, to me, in the beginning. I read the table of contents, I can kinda tell what's coming later. If I had a nickel every time I see the phrase "later in this book you will learn" I'd maybe have a free book. :) Ok, not really true, but read it enough times and it gets annoying. So, 2 pretty minor things that bug me personally and probably nobody else. I give it a 4, you may give it a 5, but this review is simply my opinion.

Anatomically modern humans have been on this earth some 200 thousand years. The lifestyles we have adopted in the past half century that see us chair (or couch) bound for the better part of our waking hours is not only unprecedented, but completely incompatible with our biological evolution. As a holistic health counselor with certifications in a wide range of movement disciplines, I see people in their 20s and 30s with neck, back, shoulder, and spinal issues more serious than people decades older would have experienced previously. The quote from Dr. James Levine in the introduction, "We are sitting ourselves to death" is no exaggeration, and unfortunately it is a slow and painful death, as dysfunction piles on top of dysfunction, until it becomes disability. It's estimated Americans spend fifty billion dollars a year on medical costs just for back pain alone. For many people who are conscious of the problems of long-term sitting, the solution may be to buy a gym membership and somehow expect that a few days of exercise a week will counteract the effects of long-term sitting. Unfortunately, believe it or not, that often makes people worse. Once your spine and pelvis are out of alignment, and key muscles such as the glutes and hamstrings are fried from excessive sitting, gym workouts often only exacerbate the problem. What is needed isn't exercise for the sake of exercise, but protocols to restore normal movement patterns. Think of it this way â " if the wheels of your car are out of alignment, you don't improve the problem by driving your car more. You only make it worse. In "Deskbound" the author provides techniques, movement principles, and very importantly, breathing protocols to try and correct the issues created by long-term sitting.

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