

Concrete Seats on New Trains!

Have you heard the news about the newest commuter trains? There's an article in The Daily Mail today and it says that the seats have been likened to concrete. In fact the former president of the Institute of Osteopathy is quoted in The Mail as saying passengers might be advised to bring their own cushions to combat the discomfort.

In the article he says that "Sitting on something that's hard can cut off circulation and give you cramps in the back of your legs." And I would agree with this.

I know from treating many commuters that sitting on a train is not great for the body, or for your mental health. I see plenty of people who come in with low back pain, neck pain or shoulder pain from sitting all day at work and then sitting for long commutes to and from their job.

So what can you do? Well, if taking a cushion is too awkward you might want to wriggle your toes while you're sitting there. This will help circulation and might reduce the chances of you getting cramp. You can also use this as an opportunity to do some pelvic floor exercises or some buttock clenches. You don't need to start belly dancing (though maybe there's a business opportunity for someone there!). Just gently clench one buttock for 5 seconds and then the other. Then suck up the pelvic floor (as if you're trying not to pee) and try to hold that for 5 seconds. Most of us can only manage about 3 seconds. And repeat!

Whatever you do, don't sit still if you're doing the journey every day.

Apparently the change in padding depth on these new seats is due to fire safety standards. So, even though these are the most expensive trains in the UK they have the most un-padded seats.

It does seem a shame that they've not considered basic human comfort though!

Remember: if you're not sure how to do pelvic floor exercises we can show you.