

CORRECT POSTURE.

Sit Up Straight! You hear that all the time, but what's actually happening when you sit up straight and is there a better way to think of it? Perhaps the most important part of what is happening when we think "sit up straight" is that our hips are rotating forward, and we are putting our back into the natural S curve it was designed in. Why is it so important that we have that natural S curve in our back?

3 reasons - it's the strongest, most stable and safest position for your back to be in. If you don't rotate your hips forward and sit up straight, your back is in a slouched position. The problem with slouching is that it puts extra pressure on the discs in your back, and if you slouch for long enough, especially while doing a physical activity (like playing the drums) you run the risk of blowing a disc in your back.

So always make sure your hips are rotated forward and that you are sitting up straight when you play the drums!