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Hips and back Sitting causes your hip flexor muscles to shorten, which can lead to problems with your hip joints

. Sitting for long periods can also cause problems with your back, especially if you consistently sit with poor posture or don't use an ergonomically designed chair or workstation.

[The dangers of sitting: why sitting is the new smoking](#)

[betterhealth.vic.au : health : healthy living : the-dangers-of-sitting](#)

[Akathisia: What It Is, Symptoms, Causes & Treatment](#)

Akathisia is a neuropsychiatric syndrome and movement disorder that makes it difficult to sit or remain still due to an inner restlessness. The name comes from the Greek word *akathem*, which means inability to sit.

[Akathisia: What It Is, Symptoms, Causes & Treatment](#)

[my.clevelandclinic : health : diseases : 23954-akathisia](#)

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