

《为什么不能把钱包放在后口袋？》

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Why you shouldn't keep your wallet in your back pocket - and it's not because of thieves



For those who prefer to travel light and keep everything in their pockets, there's some bad news.

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If your wallet is jam-packed with old receipts, coupons - maybe even a bit of money - it might be time to invest in either a man-bag, a handbag or a sturdy rucksack.

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The reason being, keeping your wallet in your back pocket is putting you at risk.

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But this time, it's not about being an easy target for pick-pockets (although do be wary of them too).

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New York City-based chiropractor Dr Arnie Angrist warns keeping a "fat wallet" in your back pocket is doing your back, hips, neck, pelvis and even your bottom potentially a lot of harm.

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How?

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The doctor explains how sitting on a wallet "creates an asymmetry or imbalance that distorts your pelvis and hips."

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Having one hip sat higher than the other causes the back and neck to compensate for the unevenness, which, in turn can lead to problems in these areas.

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But that's not all.

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A professor of clinical sciences at University of Bridgeport College of Chiropractic, Dr Chris Good also bore more bad news.

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He explained how sitting on a wallet can cause the spine to become tilted, or for the body to compensate for the tilt.

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Over time, this could lead to serious problems for spinal joints, muscles and discs, resulting in serious pain and even failure.

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As for our posteriors, according to Dr Good, a wallet in a back pocket "could cause irritation to a number of important structures in the buttocks" including damage to nerves, muscles, arteries and veins.

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Vocabulary

rucksack: ??????

chiropractor: ?????

pelvis: ??

