

《为什么不能把钱包放在后口袋？》

为什么不能把钱包放在后口袋

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.

????????????????????????????????????????????

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.

????????????????????????????????????????????

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

????????????????????????????????????????

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

????????????????????????????????????????

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.

????????????????•????????????????????????????????????????????????????????????

How?

????????

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

????????????????"????????????????"?

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.

????????????????????????????????????????????????????????

But that's not all.

??????????

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

????????????????????????????????????????????????????????

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

????????????????????????????????????????????????????????

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

????????????????????????????????????????????????????????

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.

????????????????????????????????"????????????????"????????????????????

Vocabulary

rucksack: ??????

chiropractor: ??????

pelvis: ??