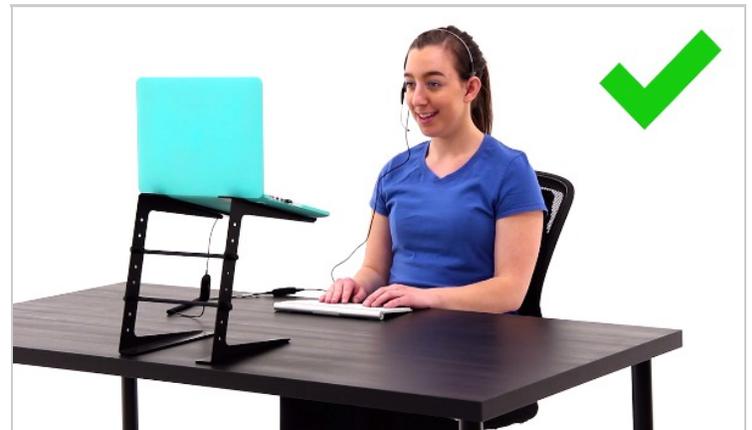


Work Station Posture



Healthy desk posture



Healthy phone posture

Having healthy posture habits prevent common neck, shoulder and back problems and also improve your mood and energy throughout the day.

Here are some quick tips to help make sitting in front of a computer more comfortable:

- Keep your monitor at eye level, and place your keyboard close to your body. If you are using a laptop, use it as the monitor and place it on a stack of books and use an external keyboard and mouse.
- Sit in a chair with back support to avoid slumping
- Keep your elbows back by your side and do not reach forward with them. Keep your elbows slightly higher than your wrists so you are not reaching up.
- Make sure your feet are firmly planted on the ground, or use a footstool if your feet don't reach the ground
- Make sure your hips are slightly higher than your knees. **DO NOT CROSS YOUR LEGS.**
- If possible, use a desk that can be converted to a standing desk to lessen the strain on your spine
- If your chair is too low and you cannot find a higher one, then try sitting on a cushion or pillow to raise your hips up.

Here are some quick tips to help make talking on the phone comfortable:

- Avoid tilting your head or holding a phone between your ear and shoulder
- Use a headset or headphones when possible to keep your head in a neutral position.
- Use a speakerphone when able to avoid tilting your neck

Here are some quick tips to improve your posture while texting:

- Try to keep your phone screen at eye level to avoid bending your neck
- Keep your neck relaxed and avoid shrugging your shoulders
- Use your index finger to prevent overuse of your thumb

General Tips

- Every 5-10 minutes contract your abdominal and pelvic floor muscles and flatten your back against the chair back. Hold for 5 seconds and release. Do this 3 times.
- Keep your muscles loose by taking standing or walking breaks every 30-45 minutes
- When possible, give your eyes a rest by looking away from your computer every 20 minutes and focusing on a distant object

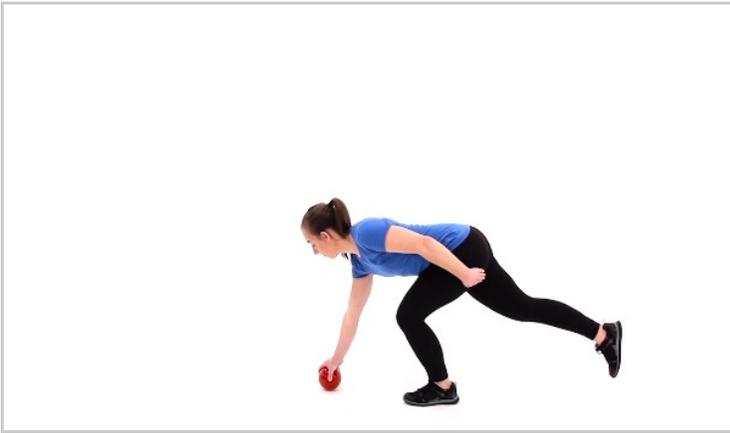
Lifting Techniques



Power Lift



Diagonal Squat Lift



Golfer's Pick Up

A power lift is good for lifting heavy objects off the floor. To perform a power lift,

- Position yourself close to the item with your feet about shoulder width apart
- Pull in your belly button to stabilize your spine by tightening your abdominal muscles and squat down by bending your knees
- Pick up the item, keeping it as close to your body as possible
- Make sure you have a firm grip on the item so it does not slip and avoid twisting your trunk when carrying the object.

A diagonal squat lift is good for lifting medium weight objects from the floor or for lifting objects out of awkward spaces. To perform a diagonal squat lift,

- Position yourself close to the item with your feet staggered widely around the item to be lifted
- Pull in your abdominal muscles to stabilize your spine and place one foot ahead of the other in a staggered stance
- Pick up the item, keeping it as close to your body as possible
- Make sure you have a firm grip on the item so it does not slip and avoid twisting your trunk when carrying the object.
- A Golfer's pick-up is ideal for lifting light items from the floor.

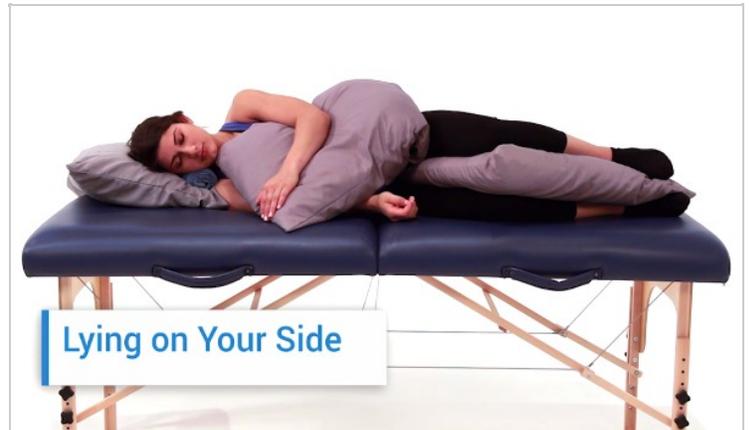
To perform a golfer's pick up,

- Position yourself close to the item you will be lifting.
- Reach down with your dominant hand while balancing on your opposite leg.
- Gently tighten your belly muscles and keep your back straight as you pick up the item. Avoid twisting your trunk throughout the movement.

Sleep Positions



Healthy posture for lying on back



Healthy posture for lying on side

Sleep postures that are uncomfortable or cause pain can keep us from getting the rest we need. Here are some quick tips to help make sleeping restful in any position:

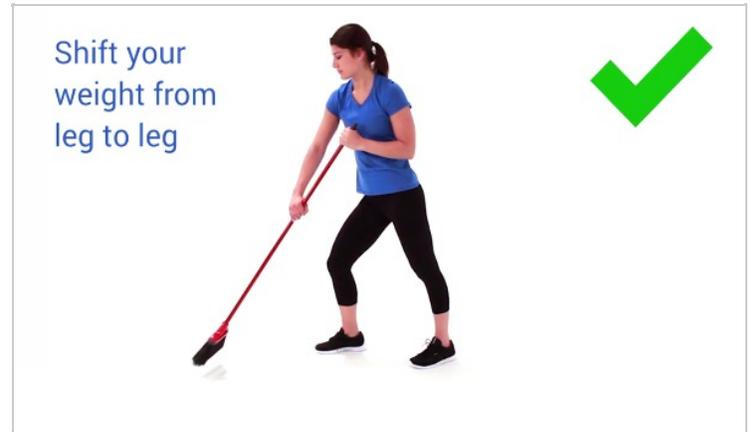
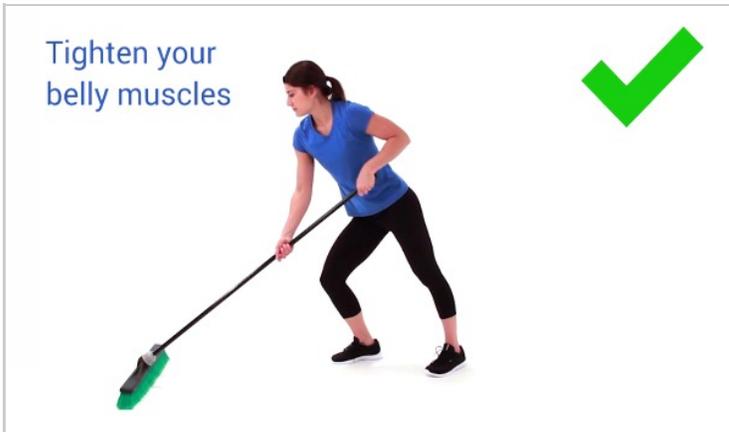
When lying on your back, in needed use a pillow under your thighs and knees to keep your back from arching and 1 pillow under your head to keep your spine in a more comfortable position. May sure the pillow does not push your head forward but instead supports the normal curvature of your neck. You can squish a pillow in the middle and put that firm part under your neck and let is fluff out around the sides of your head to support your neck.

If you lie on your side, use 1-2 king size pillows between your knees from your groin to your lower leg and keep your legs straight. Make sure your hips knees and feet are all straight and hip width. Do not curl your knees up to your chest. This will reduce stress on your hips and lower back.

Avoid sleeping on your stomach, as this can flatten the natural curve of your spine and lead to pain. If you must lie on your stomach, support your spine with pillows under your head, stomach, and legs.

Your pillow should support your neck and help it rest in a healthy and balanced position. You can easily roll a towel at home and place it under your neck and back for support.

Household Activities

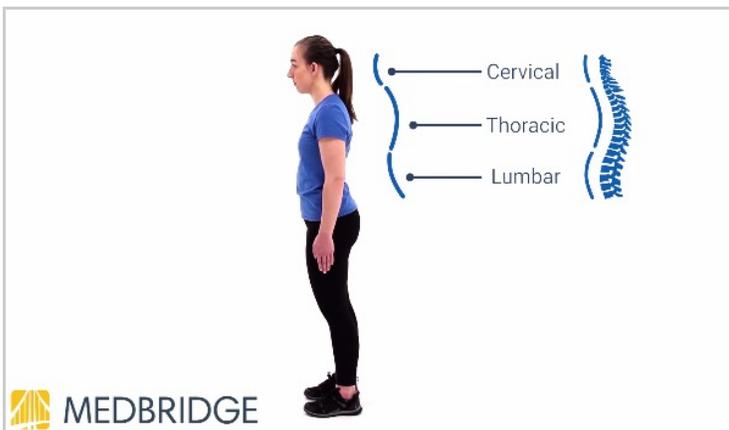


Using proper body mechanics is one of the best ways to improve your long-term health. Body mechanics is a term used to describe the way we move as we go about our daily activities.

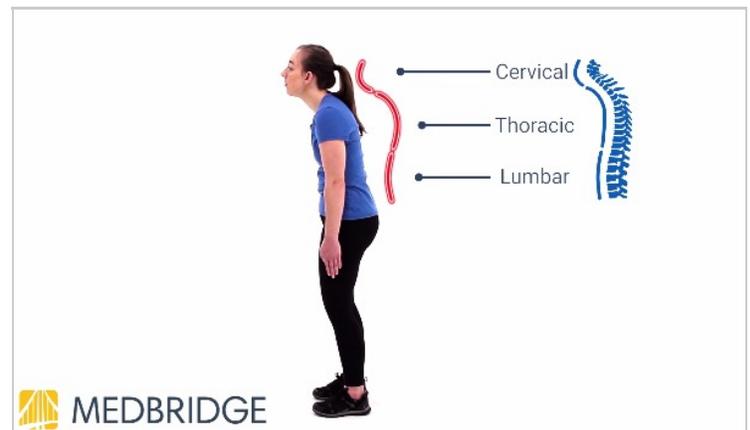
Here are some quick tips to help make activities like sweeping more healthy and comfortable:

1. Shift your weight from leg to leg when sweeping, vacuuming, mopping, raking, or shoveling. Keep your feet moving when you rotate so that you minimize rotational stress on your back.
2. Tighten your belly muscles to stabilize and keep your spine straight.
3. Allow the twisting and pivoting to occur at your hips, legs and feet, not your spine.
4. Keep the work close to you by moving your body rather than twisting or reaching. Try to keep your elbows close to your sides.

Forward Head Posture



Curves of Spine: Healthy Posture



Curves of Spine: Forward Head Posture

Posture while standing can be described by looking at the curves of the spine. A healthy back has three natural curves: a slight forward curve in the neck called a cervical lordotic curve, a slight

backward curve in the upper back called the thoracic kyphotic curve, and a slight forward curve in the low back called the lumbar lordotic curve.

In a forward head, rounded shoulders posture, the curve in the neck is stressed and the front of the chest is shortened, with the shoulders positioned forward. This posture places increased stress on the muscles, ligaments, and joints affected, potentially leading to pain or discomfort.

To improve the body's natural alignment, try these key points and sustain improved posture as long as feels comfortable for you. Imagine a string attached to the top of your head, gently pulling you into a tall stance. Lift the chest bone up towards the sky to allow the lungs to expand and contract fully. Gently activate the muscles between your shoulder blades to bring them closer together in the back. Bring your nose back as if it were going "between your ears" to bring the head back over the spine. "Double chin" position.

You will be given exercises to keep your back and neck healthy, and will also learn how to improve your posture in different positions. Be sure to bring up any questions or concerns you may have regarding your posture or body mechanics with your healthcare provider.