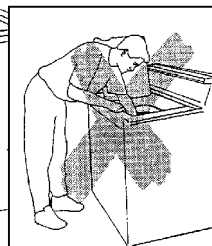
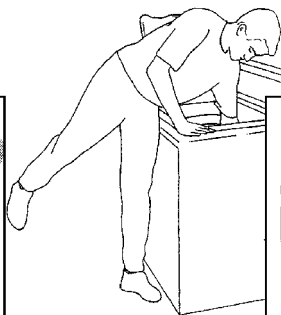
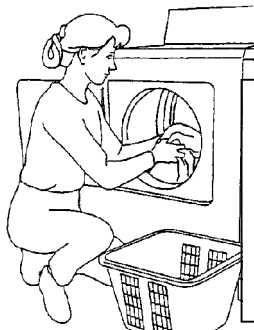


Proper Body Mechanics with Household Activities

Power Position

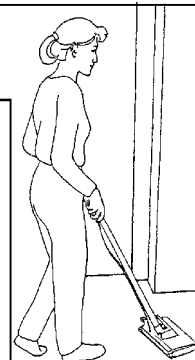
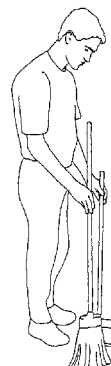
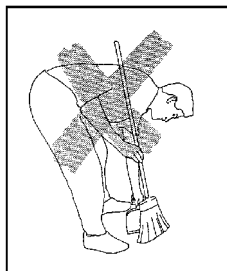


Laundry

- Keep basket at waist height when sorting laundry
- Squat or half kneel to get clothes in and out of front loading washer or dryer, avoid bending at waist
- Use golfer's lift to get clothes out of top loading washer
- Use squat or power position to lift laundry basket from floor.

Sweeping and Vacuuming

- Use long handle equipment to avoid stooping
- Keep broom or vacuum close to your body
- Stay upright, step or lunge with your legs to push the vacuum
- Avoid bending at the waist or reaching with your arm
- Pivot with your feet, don't twist your trunk



Sitting Posture & Computer Ergonomics

Functional Sitting Positions

Forward ready position: perch on the edge of the chair, lean into desk while maintaining low back arch and avoid rounding shoulders forward. This position works especially well for writing.

Upright functional ready position: the typical upright posture with the back supported or, if the seat is tilted, sitting for short periods of time without using the backrest to work on postural endurance.

Semi-reclining position: use if the chair has a reclining feature. This position may work best while talking on the phone if there is little or no need to write.

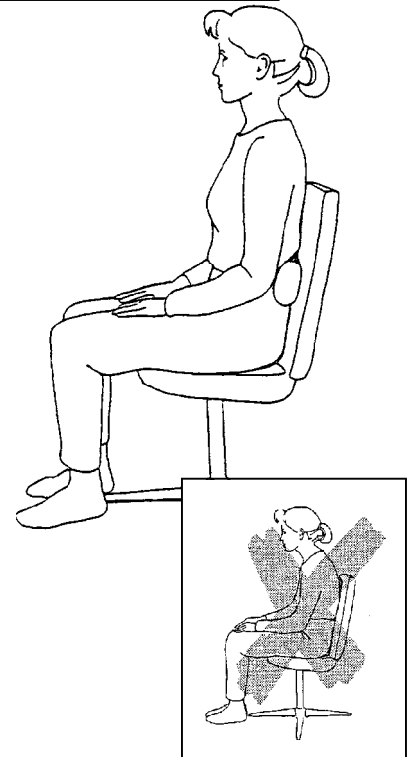
Standing: Rest one hand on the desk and bend at hips if needing to write.

Lumbar Support Cushion

- A lumbar roll, small pillow or towel roll can be used
- Sit all the way to the back of the seat and place the support in the small of the back.
- The support should maintain the natural curve of the back
- More support may be necessary on a softer chair

Stress Wedge Cushion

- Place the stress wedge at the back of the seat with the thickest part to the back
- Sit all the way to the back of the seat on the wedge
- The stress wedge will tilt the pelvis to help maintain the natural curve of the back
- The stress wedge can be used alone or with the lumbar support



Computer Ergonomics

Balanced Posture Alignment

- ✓ Ears and shoulders in line with hips

Height Adjustment

- ✓ Feet flat on floor, or use a foot stool
- ✓ Keep thighs parallel to floor, create 90-110 degree hip angle
- ✓ Ensure leg clearance from desk or keyboard tray

Lower Back Support

- ✓ Adjust lumbar support to maintain an erect sitting posture
- ✓ Add lumbar support if needed

Seat Pan

- ✓ Depth of seat should allow two finger widths behind knee
- ✓ Tilt at 30 degree angle, or add stress wedge

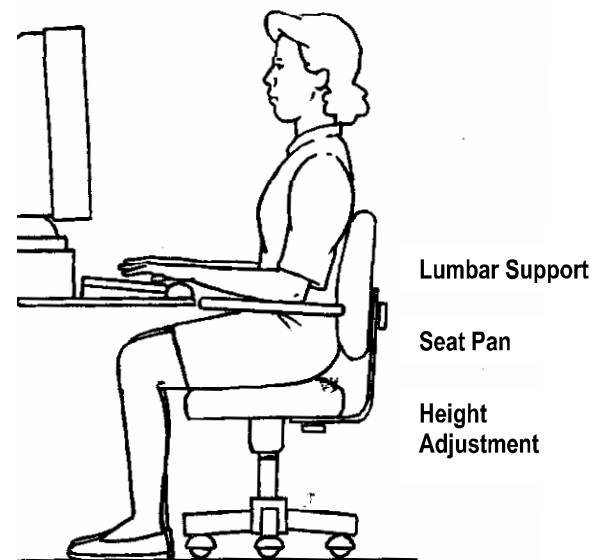
Neutral Typing Position

- ✓ Use an adjustable chair, keyboard tray, or desk/table to achieve the "neutral position" of a straight hand, wrist and forearm
- ✓ Arm rests ½ inch above elbows and ½ inch below the desk
- ✓ Keep upper and lower arms at a 90 degree angle
- ✓ Position mouse close to keyboard to minimize reaching and twisting

Viewing Angles and Distance

- ✓ Position monitor, keyboard and chair in a straight line
- ✓ Top of monitor screen at or slightly below eye horizon
- ✓ Comfortable distance to read monitor (typically 15-30 inches)
- ✓ Adjust brightness, contrast and color to comfortable levels
- ✓ Avoid glare by positioning away from windows and direct lights
- ✓ Keep written work materials propped up near monitor screen on a document holder to avoid repetitive neck movement

Monitor Height & Distance



Laptops

- Place on an elevated surface
- Add an external monitor, keyboard, and mouse
- Use a port replicator or docking station
- Keep wrists neutral
- Rest forearms or elbows on work surface to avoid strain
- Avoid using on couch or recliner

Therapeutic Breathing and Relaxation

Purpose: To increase awareness of breathing and breathing patterns, promote relaxation, stress reduction, increased efficiency in stretching, and better body awareness. Being aware of your breath helps you to actively collaborate in your therapy.

Instructions:

- 1) Follow the steps as indicated by your therapist.
- 2) Perform steps daily, at least 3 to 4 times
- 3) Devise a visual reminder as a prompt to remind you to breathe deeply

Step One:

- Close your eyes if it feels comfortable.
- Be aware of your breathing.
- Do not try to control your breathing.
- Just let it happen and bring your awareness to the breathe in and out.
- As thoughts come ,simply let them go and bring your attention back to your breath

Step two :

- Lie down or relax in a chair
- Close your eyes if it feels comfortable
- Put one hand over your belly
- Bring attention to your hand and feel it move as your breath flows in and out
- Do not force any movement, just breathe
- If your mind starts to wonder, simply re-focus your attention on your breath

Step three:

- Tune into your breathing at different times in the day, especially when experiencing increased pain
- Feel your belly go through one or two risings and fallings
- Breathe deeply and evenly when your prompts remind you

Step four:

- As you go through your stretches, stretch to your pain-free end point, then breathe deeply through your belly and relax as you exhale. Focus on breathing in through your nose, and out through your mouth. This will encourage maximal range in that stretch.