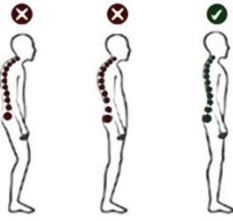


Helpful Hints

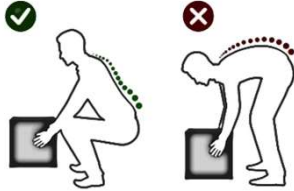


Good Posture

Learn and practice good posture and body mechanics.

A straight, properly aligned back avoids unnecessary wear and tear.

Good posture prevents backaches.



Lifting

Bend your knees, not your back!

Lift with your legs and hold objects close to your body. Lift objects only chest high. When the load is heavy, get help and plan the lift to avoid sudden injury.



Sitting

Sit in chairs low enough to place both feet on the floor with your knees higher than your hips.

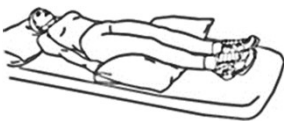
You may cross your legs or put your feet up on a stool. Sit firmly against the back of the chair.



Driving

Move the car seat forward to keep knees bent and higher than hips.

Sit straight, drive with both hands on the wheel.



Sleeping

A good night's sleep on a firm mattress is good for you and your back.

Sleep on your side with knees bent, or on your back with a pillow under your knees.



Icing Instructions

Apply an ice pack (covered with a light, absorbent towel to help prevent frostbite) for 10-15 minutes over any area that is painful. Leave ice off for an hour. Longer is not better! Repeat as necessary.

Don't have an ice pack? A bag of frozen peas or corn will work also.

Stretches and Back Care

Morning Stretches



Start with the feet. Point your toes away from you and then towards you. Next, rotate your ankles in each direction. Finally, work on spreading the toes wide and relaxing several times.



Hug one knee at a time to your chest, then both knees together to your chest.

Keeping your back flat on the mattress, you can take both knees together and drop them toward one side and then the other for a rotating stretch.



Slide to the edge of the bed and let one foot drop off the bed toward the floor. Hold this stretch for 10 seconds.

For an extra stretch, pull your opposite knee to your chest while the other foot is hanging off the bed.



Put your arms out on the mattress so they look like goal posts.

Keep your elbows and hands on the mattress and gently slide your hands up until they touch, then return to the starting position and repeat.

Proper Seated Positioning

- The top of your computer screen should be eye level
- Your screen should be an arms-length away from you
- Elbows should be supported and not off the desk
- Sit back in your seat, so your lower back is supported by the chair
- Your seat should be at a height that supports your thighs in the front and back



Keep Items Within Reach

Arrange your workstation with items within reach. Routinely leaning across your desk can cause muscle strain and you won't get the same back support from your chair.

Take Breaks

Short, regular breaks throughout the day reduce muscle tightness and strain.

- Regularly stretch hands, wrists, and fingers
- Reduce eye strain by looking off into the distance for 20 seconds every 20 minutes
- Stand up and move every 20 minutes