Proper Body Mechanics

After receiving clearance from your surgeon, the following activities may be performed while using proper body mechanics and precautions.

**Sleeping On Back**
Place pillow under knees. A pillow under head for neck support and a roll around waist are also helpful.

**Sleeping On Side**
Place pillow between knees. Use cervical support under neck and a roll around waist as needed.

**Log Roll**
Lying on back, bend left knee and place left arm across chest. Roll all in one movement to the right. Reverse to roll to the left. Always move as one unit.

**Getting Into-Out of Bed**
Lower yourself to lie down on one side by raising legs and lowering head at the same time. Use arms to assist moving without twisting. Bend both knees to roll onto back if desired. To sit up, start from lying on side, and use same movements in reverse. Keep trunk aligned with legs.

**Dressing**
Lie on back to pull socks or slacks over feet, or sit and bend leg while keeping back straight.
Brushing Teeth
Place one foot on ledge and one hand on counter. Bend other knee slightly to keep back straight.

Toileting
Lower yourself onto toilet by bending knees and using hand support. An elevated toilet seat may be more comfortable if you are tall. Avoid reaching around and twisting.

Laundry Basket
Squat down and hold basket close to stand. Use leg muscles to do the work.

Housework: Vacuuming
Hold the vacuum with arm held at side. Step back and forth to move it, keeping head up. Avoid twisting.

Avoid Twisting
Avoid twisting or reaching back. Pivot around using foot movements, and bend at knees if needed when reaching for articles.
Bending
Bend at hips and knees, not back. Keep feet shoulder-width apart.

Bend at hips and knees, not back. Keep feet shoulder-width apart.

Posture-Standing
Good posture is important. Avoid slouching and forward head thrust. Maintain curve in lower back and align ears over shoulders, hips over ankles.

Posture-Sitting
Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods of time.

Work Positioning
Position yourself close to work, whether standing or sitting. Avoid straining forward at neck or waist.

Reading
When reading, hold material in tilted position and maintain good sitting posture.

Housework: Bed
Use light bedding, such as a down comforter. Place one knee up on bed to reach when making bed. Use extra-depth fitted sheets, and squat down when tucking corners.
Getting Into/Out of Car
Lower yourself onto seat, scoot back, then bring in one leg at a time. Reverse sequence to get out.

Car Trunk: Reaching Down
Maintain curve of lower back when reaching into a deep trunk. Can also lift opposite leg backward to keep back straight, while using other hand for support.

Reaching Into Drawer
Squat to reach or rearrange your work area, and avoid twisting and bending.

Computer Work
Position work to face forward. Use proper work and seat height. Keep shoulders back and down, wrists straight and elbows at right angles. Use chair that provides full back support. Add footrest and lumbar roll as needed for support in your chair.