



The Physical Therapy Specialty Center

A Division of Primary Care Partners

Call for an Appointment Today – 970-241-5856

The Right Moves: Body Mechanics for Every Day Life



BE TALL

Sitting and standing tall helps place joints and muscles in their strongest and most efficient position.

When Sitting:

- Keep hips a bit higher than knees.
- Support lower back.
- Avoid slumping forward. Instead, pull the breast bone up and shoulders back for an upright, tall head position



When Standing:

- Avoid locking knees back.
- Pull in slightly on your tummy to level your pelvis.
- Grow your spine by pulling the top of your head toward the sky.

AVOID THE REACH

When sitting: Keep items close so elbows can remain at your sides. This is especially important when using a keyboard or mouse.

When lifting: Move in close to items to avoid reaching too far away from your body.

When vacuuming or sweeping: Avoid reaching out too far to reduce stress to your shoulders, upper and lower back.

When lifting overhead: Avoid reaching higher than shoulder level. Instead, consider using a step stool.

AVOID TWISTING

- Be sure your feet always face what you are doing.
- When turning, move your feet instead of twisting at the spine.

THINGS TO KEEP IN MIND WHEN LIFTING



- Lift only within your abilities. Get help if the item is too heavy or bulky.
- Move in close and tighten your tummy before bending down.
- Bend at the hips and knees, keeping the back straight.
- Retighten your tummy before lifting
- Be sure to come fully up before turning to prevent twisting

Back and neck pain can often be decreased through better body mechanics.

IF PAIN PERSISTS, CALL US TODAY @ 970-241-5856