

<p>Rest</p>	<ul style="list-style-type: none"> • Bed rest for no longer than 2 days • Gradually resume normal activity as tolerated • Change positions from lying down to standing to sitting frequently
<p>Ice</p>	<ul style="list-style-type: none"> • Apply ice for 15 to 20 minutes to the sore area
<p>Back Braces</p>	<ul style="list-style-type: none"> • Make sure that it is properly fit and not worn for prolonged periods. • They elevate blood pressure so be careful if you have heart problems • They do not increase strength and lifting ability, or substitute for proper body mechanics.
<p>Sitting</p> 	<ul style="list-style-type: none"> • Sit with head and neck in upright position even while on the telephone (Use a headset if possible) • Keep shoulders relaxed and elbows close to the body • The elbows, wrists and keyboard should be in a straight line • Adjust the height of the seat low enough so that the feet can rest on the floor but high enough so that the hips are not bent more than 100° • If you can't adjust your chair low enough, use a footrest • The knees should be at about 90° but it is more important to move them into different positions often • Computer monitors should be at least 25 inches away and lower than eye height (optimal viewing angle is 30° down) • The low back should be supported
<p>Sleeping</p>	<ul style="list-style-type: none"> • Try and keep the spine in a “neutral” position, but finding a comfortable, pain-free position is most important • Use a Log Roll technique to get into bed
<p><i>Supine</i></p> 	<ul style="list-style-type: none"> • Pillow at head and • Towel roll under neck • Pillow under knees
<p><i>Sidelying</i></p> 	<ul style="list-style-type: none"> • Towel under low back • Pillow between knees • Pillow under upper arm • Large pillow under head



- Pillow under upper arm
- Pillow under chest
- Pillow under head

Lifting



squat



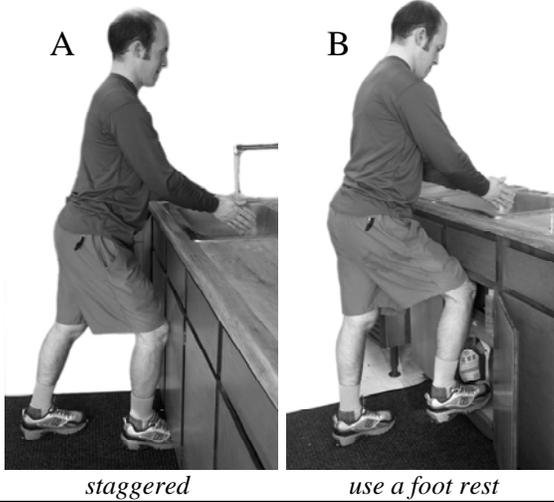
lunge lift



golfer's lunge

- Position yourself in front of the load
 - Get close to the load
 - stand with your feet shoulder width apart.
- Bend at the **hips and knees**, not the back.
 - Your leg muscles are much more powerful than the smaller muscles in your back.
- Brace with your abdominal muscles and exhale before lifting (don't hold your breath)
- Try and maintain a neutral spine with the head in line with the shoulders and hips
- Don't jerk. Use a smooth motion and lift straight up.
- Change direction by turning your feet, **no twisting your back.**
- Always size up a load before lifting
 - consider using two people
 - break the load into smaller parts.
- If the load is very heavy try the **lunge lift**
 - bend one knee down
 - keep spine straight
- If the load is light, try the **golfer's lunge**
 - extend one leg back
 - keep spine neutral

Standing



- The ears, shoulders, hips knees and ankles should be stacked in a straight line
- Shoulders should be relaxed and knees slightly bent
- Change positions often and try a staggered stance (picture A), a widened stance, or resting one foot up (picture B) to reduce fatigue
- Use the staggered stance especially when **vacuuming** and **sweeping**