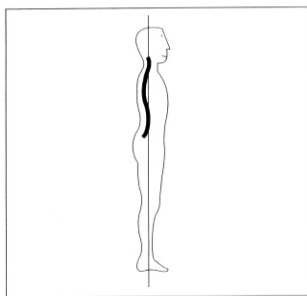


Standing/Posture:



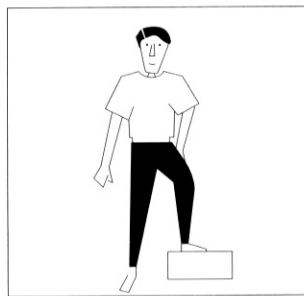
POSTURE



Chin up, eyes level. Shoulders back, chest out. Maintain low back curve. Arms relaxed. Knees slightly bent.



STAND - FOOT REST



Try to use a foot rest when standing for prolonged periods. Alternate from side to side. Stand tall and maintain low back curve.



STAND - SINK, TABLE

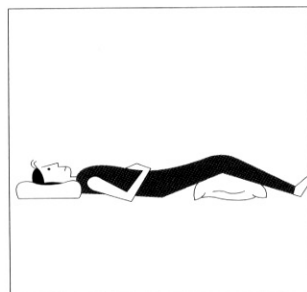


Place one foot in front of the other. Lean forward leg on sink or table and bend forward at the hips. Do not flex low back.

Lying/Sleeping:



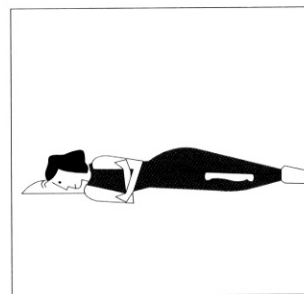
SUPINE



Lie flat on back with head on pillow in a neutral position (level) and good support for the neck. Try a pillow under the knees for support and to reduce low back extension.



SIDE LYING



Support neck so that it is level. Bend hips and knees slightly and try a pillow between the knees.

STOMACH LYING

Do not sleep on your stomach (face down). Stomach sleeping strains the neck and shoulders as well as the lower back due to an increase in the curve (hyper extension). If you must sleep on your stomach due to habit or pain, place a pillow under your abdomen and assume a half sideways position with one knee bent.

ARISING - GETTING UP

To get up from lying, roll onto your side, bend knees up towards stomach, drop legs off the side of the bed or table, and push yourself up slowly with arms.