

25865 W. 12 Mile Rd, STE# 104
Southfield, MI 48034



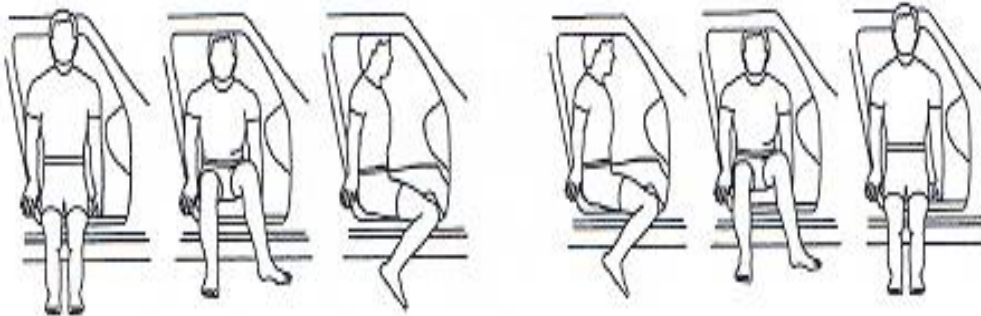
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BODY MECHANICS FOR COMMON ACTIVITIES

Using proper body mechanics can prevent back injury, help speed up recovery if you are already injured, and prevent further injury after your back has healed. Following are some suggestions for activities that you may use with daily activities.

Getting Out of Car

When getting out of a car, first open the door completely, and then swing your legs out to the side and pivot on the buttocks so your entire body moves as a unit. Do not twist your low back. Place one hand on the seat and the other hand on the car frame. Scoot forward and place feet under the hips, lean forward, and push with one hand while pulling with the other hand, and use the leg muscles to come up to a standing position. To sit down, reverse the procedure.



Bending Down

When retrieving things from a low shelf, instead of bending over and twisting, it is better to kneel down or squat in front of the shelf, pick up the objects holding them close to the body, and then stand up using the strong leg muscles and keeping the back straight.

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Below the Chest Activities

Many activities require standing for a while such as brushing your teeth, ironing, washing dishes, or folding laundry. To avoid fatigue, try to break these duties up into smaller periods. When standing, place one foot on a step or ledge. Do not bend at the waist; instead bend at the knees and keep the back straight. To provide support, use one hand to brace yourself. Always try to do the activity at a comfortable height.



Above the Chest Activities

When doing activities that are above chest level, such as washing windows, painting, changing light bulbs, or hanging pictures, ALWAYS USE A STABLE STEP STOOL so that these activities are at a better level. Another alternative is to use a long-handled reacher or brush.

