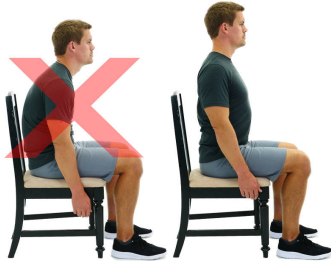


**ADL - SEATED POSTURE**

When sitting, sit upright without slouching.



Poor posture (image on the left) typically has a forward head, rounded forward shoulders and a rounded forward spine.

Good posture (image on the right) demonstrates ears in line with the shoulders and hips. It is your tallest position with your feet flat on the ground.

Step 1 - Roll pelvis forward

Step 2 - Lift sternum bone

Step 3 - Retract and relax neck

Video # VVMQMG8G8

**ADL - READ BOOK**

When reading a book, sit with good posture and raise the book up to minimize bending your head down or forward.

**LUMBAR ROLL**

Use a small lumbar roll in chairs you sit at frequently. Place the roll at the lower curve of your back. This will help you maintain better posture.



#### **ADL - SMART PHONE AND TABLET USE**

While using your electronic devices such as a tablet or smart phone, do not slouch and do not allow your head to protrude forward.

Hold the electronic device up so that you can see it better and maintain good posture at your back and neck.



#### **ADL - WASH DISHES - REACH HIGH CABINETS**

When standing at a sink, open the bottom cupboard doors and place a foot on the shelf. This reduces the pressure on your back.

When reaching hard to reach cabinets or shelves, stand on a step stool to avoid arching your back.

Keep your spine straight.



#### **ADL - BRUSH TEETH**

When standing at a sink to brush teeth, open the cabinet door and place one foot on the shelf and avoid excessive bending at the waist.

Maintain a straight spine.

Use arm for support on counter top if needed for additional support.



### BODY MECHANICS - WAIST HEIGHT LIFTING

Start by standing close to the object with feet spread apart. Bend at the knees and hips and NOT at your spine.

Hold the object close to your body as you use your legs to stand back up while lifting the object.

Walk over to the surface you want to set the object on to and set it down. Be sure to NOT twist your spine but to pivot your feet so that your feet are pointed forward to where you want to set the object.

Slide the object on the shelf to off load your body.

Video # VVX8JND2S



### ADL - LOG ROLL

**GETTING IN BED:** Start by sitting on the edge of the bed. Next, lower your self down lying on your side using your arms. Once fully on your side, roll onto your back. When rolling be sure y our knees stay bent and that you roll your whole body together as one unit. Your shoulders, pelvis and knees all roll as one.

**GETTING OUT OF BED:** Start by bending your knees and then roll onto your side. Reach your arm across your body to initiate the rolling. When rolling, be sure that you roll your whole body together as one unit. Your shoulders, pelvis and knees should all roll together. Once on our side, tip yourself up to sitting using your arms.

Video # VVLNX765R



### ADL - BAG OR SUITCASE CARRY

When carrying bags, be sure to distribute the weight evenly between the right and left side of your body. Maintain a straight spine. If you are carrying only one bag, then switch sides periodically.



#### **ADL - CLEAN LOW SURFACE**

When cleaning a low surface, such as a table, position yourself into a half-kneel position as shown. You should have one knee on the ground and the other knee bent with foot on the ground. Keep your spine straight.

Place a pillow or folder towel under your down-knee if needed for comfort.



#### **ADL - TELEPHONE**

When using a telephone, maintain good posture so that your head is not side bent or protruded forward. Do not hold the phone against your ear with your shoulder. Hold the phone with your hand and keep a straight spine and head.



#### **ADL - SCOOP SHOVEL**

When scooping with a shovel, move in an lunge pattern with one foot in front of the other as you bend your knees to move forward and back. Keep your spine straight.



#### **ADL - DESK ERGONOMIC SET UP**

Sit at your desk on a comfortable and adjustable chair with back rest to maintain lumbar curvature and use an ergonomic keyboard. Do not slouch.

Your desk should be set up so that the monitor is at or just below eye level. The elbows, hips and knees bent 90-110 degrees.

Adjustments can be made for monitor height, keyboard height, seat height, desk height and/or foot rest height in order to achieve proper alignment.

Electronic desk is preferred if available to be able to adjust the height of the desk with buttons.

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