

WHEN STANDING



- Keep your head level and your chin slightly tucked in.
- Stand tall, stretching the top of your head to the ceiling.
- Relax your shoulders.
- Tighten your stomach muscles to tuck in your stomach. This will prevent excessive swayback or lordosis in the lower part of your back.

WHEN SITTING



- Keep your head level and your chin up.
- Keep your buttocks to the back of the chair and maintain a slight inward curve in your lower back. Sometimes a small pillow or rolled towel in the small of your back helps. Do not slouch.
- Keep your feet comfortably apart and supported so that your knees are level with your hips.

WHEN LYING



- Use a firm mattress.
- Lie on your side with your hips and knees slightly bent and with a pillow between your legs.
- If you can only sleep on your back, a pillow under your knees helps take strain off of your lower back.

WHEN LIFTING



- Keep your head level and chin up.
- Keep your back straight, bend your knees and squat as low as possible, keeping your feet apart.
- Lift with the strength of your legs.
- **Never** twist or turn while lifting.
- Once you have picked up the object, hold it close to your body.

For more tips or to set up a health talk at your workplace, contact Pure Chiropractic:

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