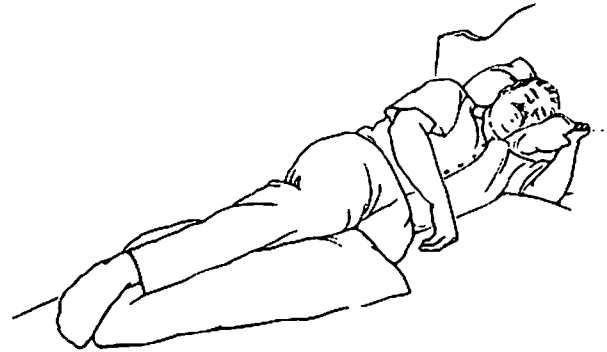


BACK CARE - 4
Sleeping on Back



Place pillow under knees. A Pillow with cervical support and a roll around waist are also helpful.

BACK CARE - 5
Sidelying in bed

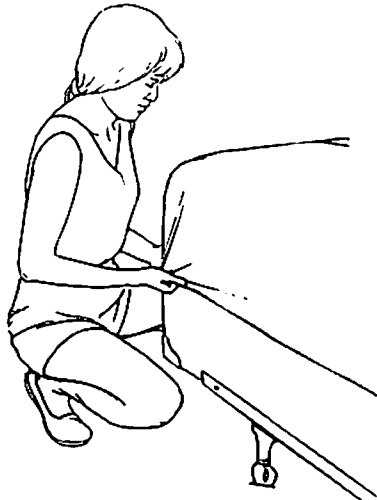


To maintain positioning in midline, place pillows between knees and under head.

BACK CARE - 8
Making Bed

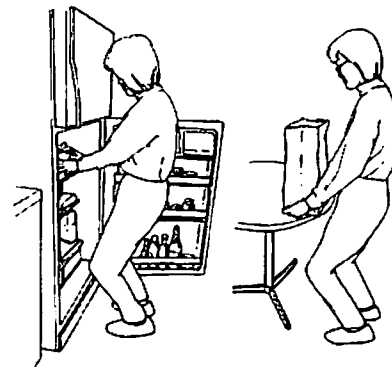
Place bed in an area where you can reach all corners without straining.

Keep back straight, especially when tucking under corners.



Use extra depth, fitted sheets to avoid tucking.

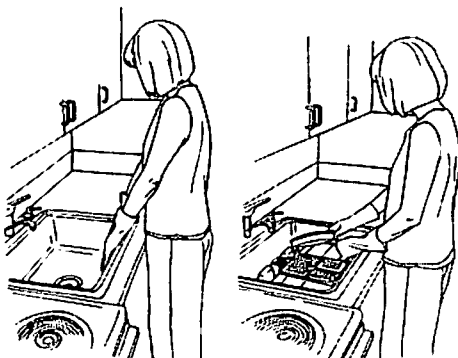
BACK CARE - 9
Work: Develop Good Habits



Bend knees, not back, when placing items on table surface or refrigerator.

Practice this technique until it becomes your new habit.

BACK CARE - 7
Kitchen Sink Height



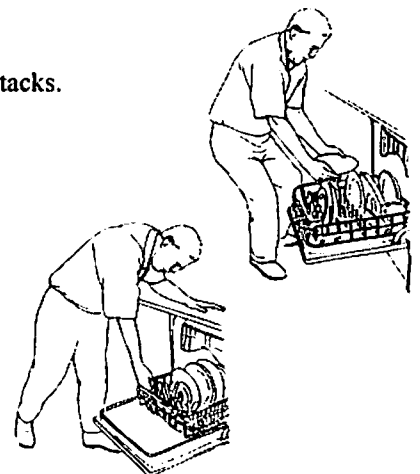
If unable to touch the bottom of your sink while standing straight, place a dish drainer upside down to raise height of sink surface.

BACK CARE - 6
Home Management: Loading / Unloading Dishwasher

Move dishes in small stacks.
Bend your knees, not your back.

For small items, rest arm on counter, opposite leg back.

Stay close to side when sliding shelves.



BACK CARE - 16
Travel Luggage

Select suitcase with wheels.

Pack lightly.

Avoid lifting heavy luggage into overhead compartments.

Use curbside check-in if available.

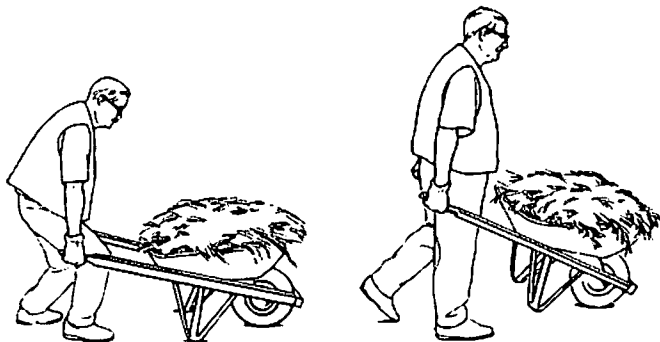


BACK CARE - 10
Gardening



Kneel using well padded cushion to get as close to work as possible. Raised beds allow for back to remain straight.

BACK CARE - 11
Work / Leisure: Wheelbarrow



With one foot slightly forward, bend knees. NOT your back, to pick up or set down.

Keep back erect when pushing forward.

BACK CARE - 14
Child Care: Pick Up and Carry

Squat down to pick up child, do not bend back.

Carry child in cuddle position, avoid resting on one hip.

Select stroller that allows you to remain upright when pushing.

