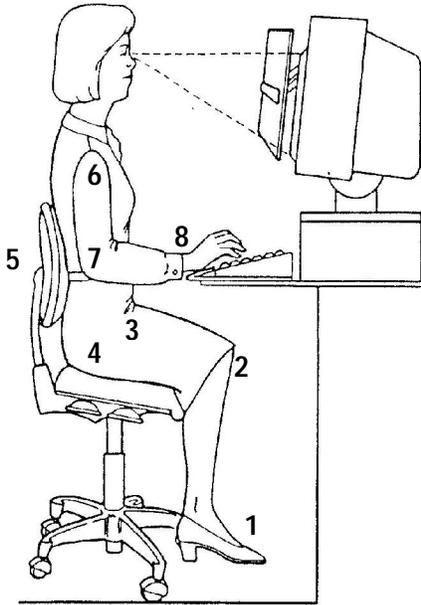


PROPER POSITIONING FROM OUR OFFICE TO YOURS

We would like to provide information for you to refer back to regarding your posture while sitting, standing and moving

Sitting: Start from your feet up. (It may help to have someone read this to you while doing it.)

Posture — Sitting



1. Place **FEET** flat on the floor

2. **KNEES** should be bent at 90 degrees directly over ankles or arch of foot

3. **HIPS** are slightly above the height of your knees so that weight can be put through your feet as a base of support. Adjust your chair up or down, and move yourself forward or backward to achieve the above posture.

4. **PELVIS** in mid-position, feel yourself sitting slightly in front your 2 sitting bones, this is the base of support for your spine. Supply back cushions to fill in any space between your low back and the backrest.

5. The goal for your **SPINE** is to keep the curve neutral and relaxed. **CHEST** up and relaxed without letting your spine bend.

6. Roll **SHOULDERS** "up, back and down" to keep from slouching, and keep **HEAD** in alignment with shoulders. Imagine a straight line on the side or your body from your ears, to your shoulders to your hips.

At a desk:

7. **ELBOWS** bent at 90 degrees and preferably supported

8. **WRISTS** supported, in a relaxed position. **NO STRAIN** should be felt in the joints or muscles. Do not shrug shoulders.

***Apply these same concepts at your dinner table, and in the car. Remember, "Don't sit like a banana"**

Sit to Stand (or squatting to lift): Imagine a rod placed along your spine, keeping your spine neutral that you achieved in sitting. Bend forward from your **HIPS** keeping your spine neutral, and bringing your chest over your feet. **Keep your eyes looking forward and down about 3 feet in-front.

Feel the weight of your body shift into your legs through both feet equally. Stand by pushing through your legs, straightening your knees and squeezing your butt.

Standing Posture: **FEET** hip width apart, **KNEES** slightly unlocked, **TAILBONE/PELVIS** relaxed and pointing down towards the floor. **LOW BACK** muscles should be **RELAXED**. The straight line from your head and shoulders now extends down through the hips, knees and middle of your foot.

For any questions, concerns or discomforts, PLEASE ask your Physical Therapist.