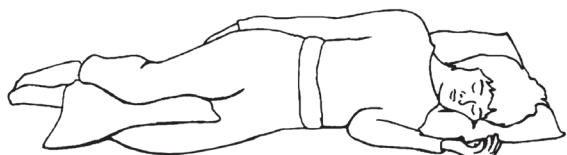


After receiving clearance from your surgeon, the following activities may be performed while using proper body mechanics and precautions.



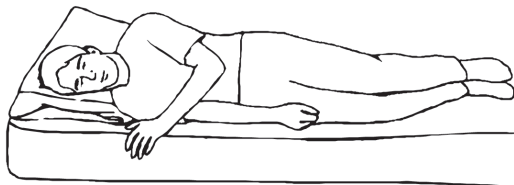
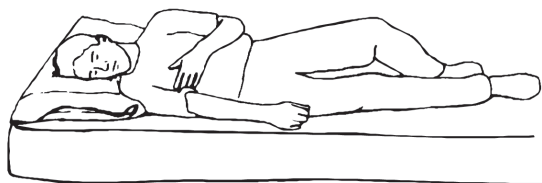
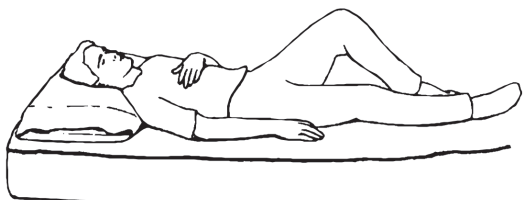
Sleeping On Back

Place pillow under knees. A pillow under head for neck support and a roll around waist are also helpful.



Sleeping On Side

Place pillow between knees. Use cervical support under neck and a roll around waist as needed.

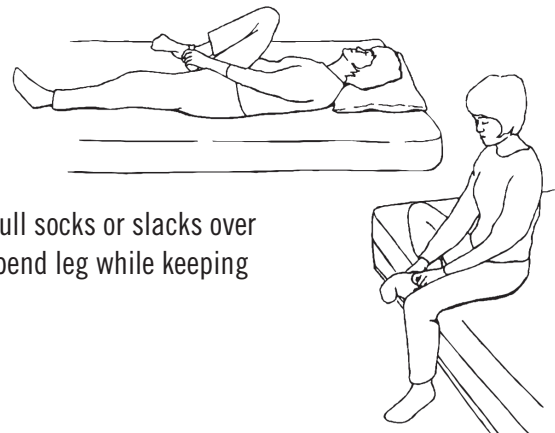
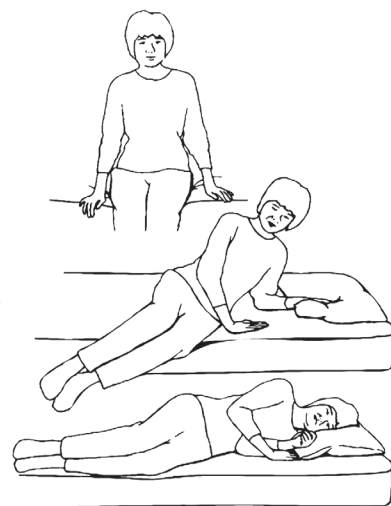


Log Roll

Lying on back, bend left knee and place left arm across chest. Roll all in one movement to the right. Reverse to roll to the left. Always move as one unit.

Getting Into-Out of Bed

Lower yourself to lie down on one side by raising legs and lowering head at the same time. Use arms to assist moving without twisting. Bend both knees to roll onto back if desired. To sit up, start from lying on side, and use same movements in reverse. Keep trunk aligned with legs.



Dressing

Lie on back to pull socks or slacks over feet, or sit and bend leg while keeping back straight.



Brushing Teeth

Place one foot on ledge and one hand on counter. Bend other knee slightly to keep back straight.



Toileting

Lower yourself onto toilet by bending knees and using hand support. An elevated toilet seat may be more comfortable if you are tall. Avoid reaching around and twisting.

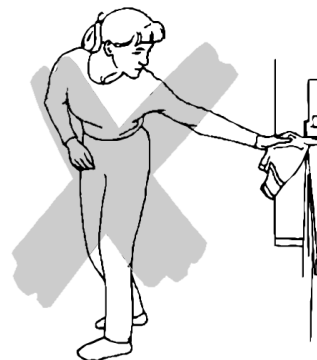
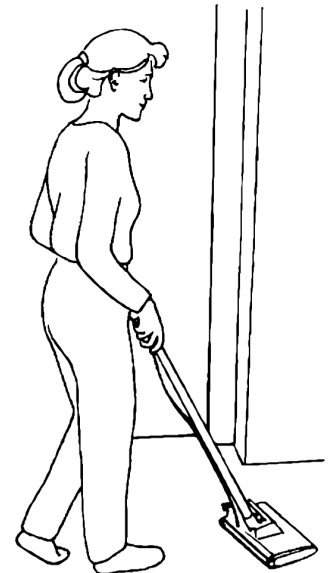
Laundry Basket

Squat down and hold basket close to stand. Use leg muscles to do the work.



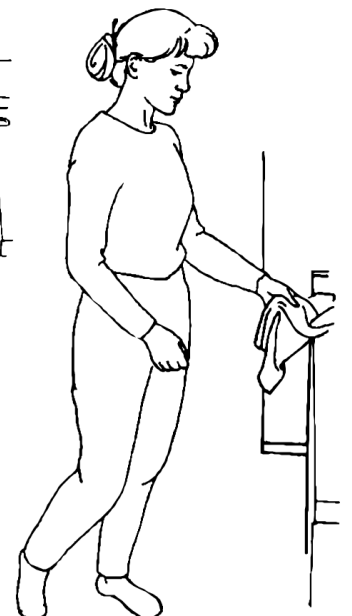
Housework: Vacuuming

Hold the vacuum with arm held at side. Step back and forth to move it, keeping head up. Avoid twisting.



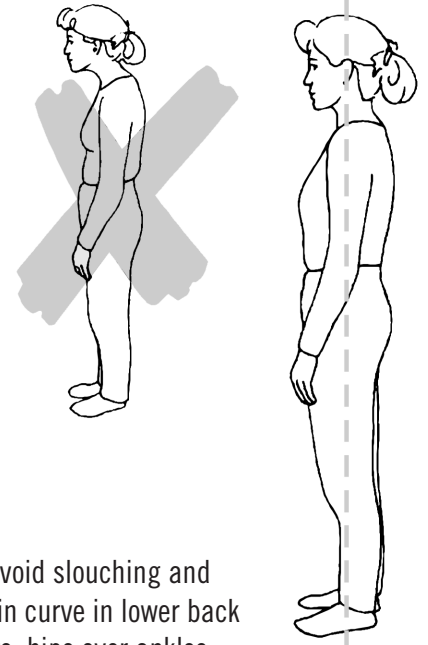
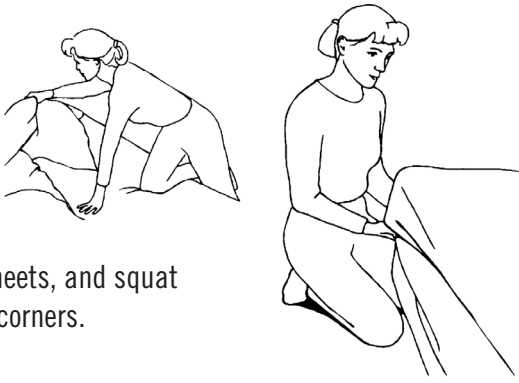
Avoid Twisting

Avoid twisting or reaching back. Pivot around using foot movements, and bend at knees if needed when reaching for articles.



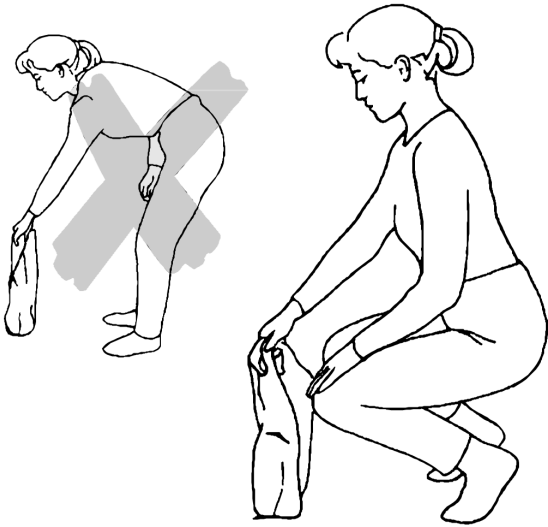
Housework: Bed

Use light bedding, such as a down comforter. Place one knee up on bed to reach when making bed. Use extra-depth fitted sheets, and squat down when tucking corners.



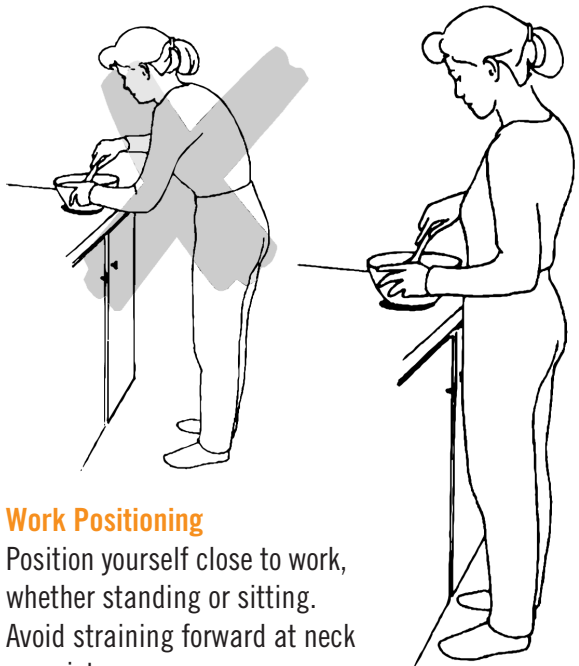
Posture-Standing

Good posture is important. Avoid slouching and forward head thrust. Maintain curve in lower back and align ears over shoulders, hips over ankles.



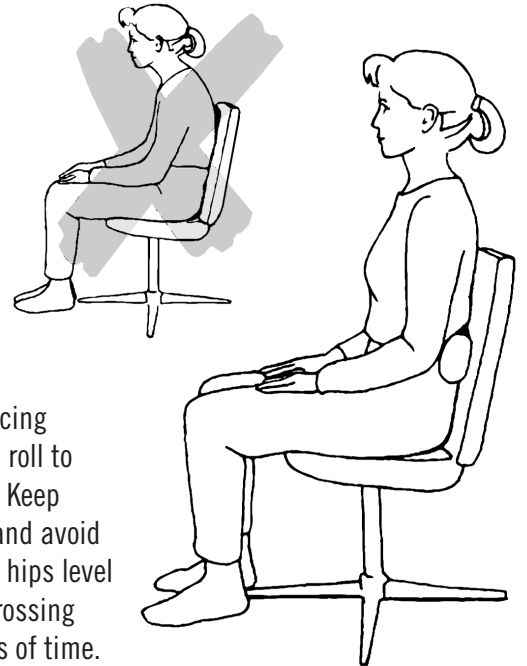
Bending

Bend at hips and knees, not back. Keep feet shoulder-width apart.



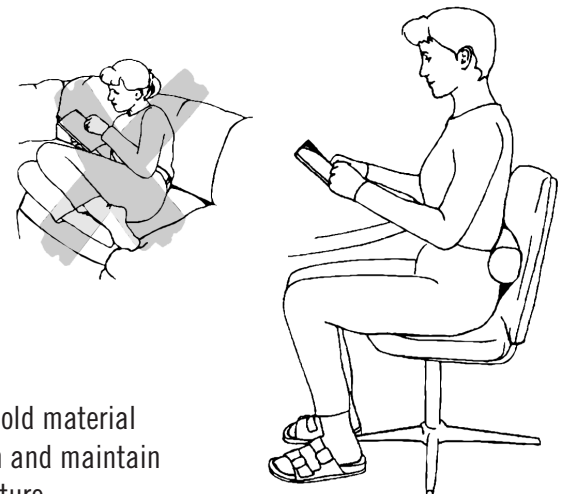
Work Positioning

Position yourself close to work, whether standing or sitting. Avoid straining forward at neck or waist.



Posture-Sitting

Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods of time.



Reading

When reading, hold material in tilted position and maintain good sitting posture.

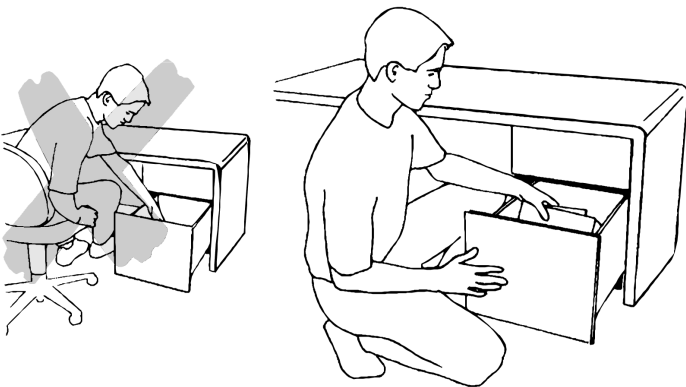
Getting Into/Out of Car

Lower yourself onto seat, scoot back, then bring in one leg at a time. Reverse sequence to get out.



Car Trunk: Reaching Down

Maintain curve of lower back when reaching into a deep trunk. Can also lift opposite leg backward to keep back straight, while using other hand for support.



Reaching Into Drawer

Squat to reach or rearrange your work area, and avoid twisting and bending.

Computer Work

Position work to face forward. Use proper work and seat height. Keep shoulders back and down, wrists straight and elbows at right angles. Use chair that provides full back support. Add footrest and lumbar roll as needed for support in your chair.