

ACTIVITIES OF DAILY LIVING INSTRUCTION

In-Office Instruction

GENERAL INSTRUCTIONS

Do only those exercises taught to you by your therapist. Exercises are best done on a firm surface such as the floor or a very firm bed.

WHEN STANDING

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

WHEN SITTING

1. Keep your head level and chin up.
2. 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.
3. Keep your feet comfortably apart and supported so that your knees are level with your hips.

WHEN LYING

1. Use a firm mattress.
2. Lie on your side with your hips and knees slightly bent and with a pillow between your legs.
3. If you find you are able to sleep only on your back, a pillow under your knees may take the strain off your lower back.

WHEN LIFTING

1. Keep your head level and chin up.
2. Keep your back straight, bend your knees and squat as low as possible, keeping your feet apart.
3. Lift with the strength of your legs.
4. Never twist or turn while lifting.
5. Once you've picked up the object, hold it close to you.