



Family Care Plus Physical Therapy & Wellness  
G-2037 S Center Rd, Ste A  
Burton, Michigan 48519

Hours: Monday through Friday, 8:00 AM till 6:00 PM  
Phone: (810)743-7950

Visit us online at [www.familycarepluspt.com](http://www.familycarepluspt.com) and check exercise videos!

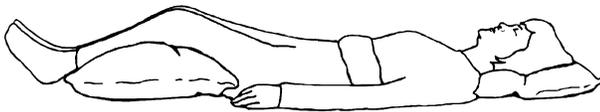
Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

\*\*\*\*Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

#### LIFTING - 11 Lifting Principles

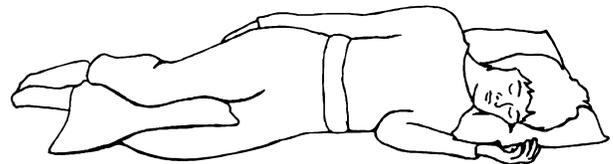
- Maintain proper posture and head alignment.
- Slide object as close as possible before lifting.
- Move obstacles out of the way.
- Test before lifting; ask for help if too heavy.
- Tighten stomach muscles without holding breath.
- Use smooth movements; do not jerk.
- Use legs to do the work, and pivot with feet.
- Distribute the work load symmetrically and close to the center of trunk.
- Push instead of pull whenever possible.

#### POSITIONING - 1 Sleeping on Back



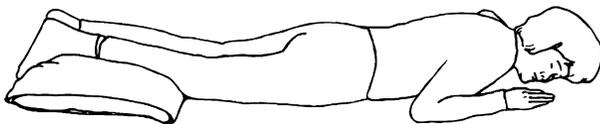
Place pillow under knees. A pillow with cervical support and a roll around waist are also helpful.

#### POSITIONING - 2 Sleeping on Side



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

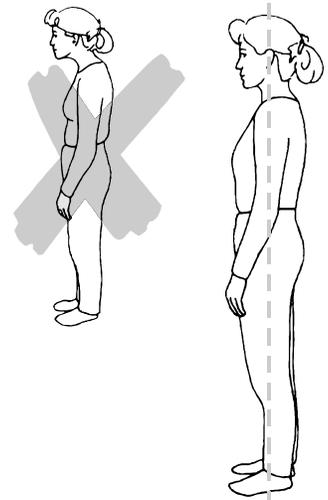
#### POSITIONING - 3 Sleeping on Stomach



If this is the only desirable sleeping position, place pillow under lower legs, and under stomach or chest as needed.

#### POSITIONING - 4 Posture - Standing

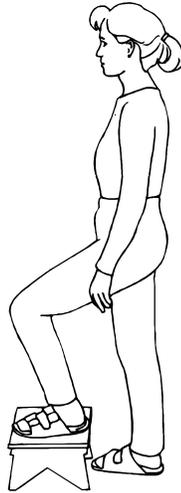
Good posture is important. Avoid slouching and forward head thrust. Maintain curve in low back and align ears over shoulders, hips over ankles.





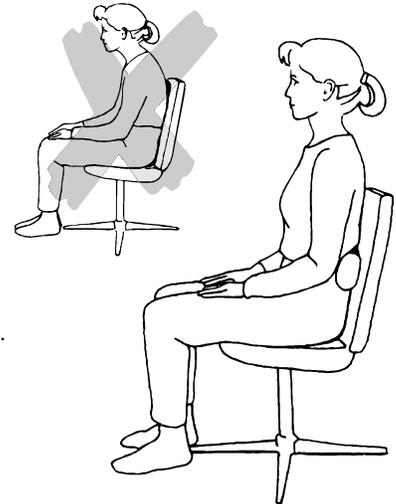
**POSITIONING - 5**  
Standing

For prolonged standing, alternate placing one foot in front of the other or on a stool. Wear low-heeled shoes, and maintain good posture.



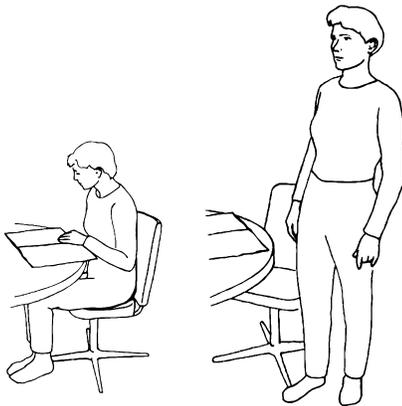
**POSITIONING - 6**  
Posture - Sitting

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.



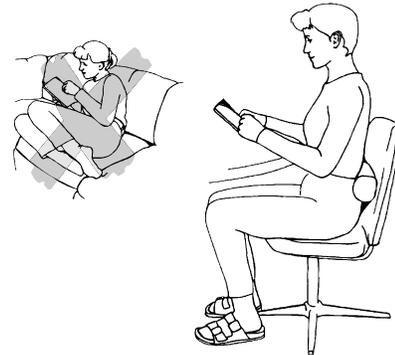
**POSITIONING - 7**  
Alternating Positions

Alternate tasks and change positions frequently to reduce fatigue and muscle tension. Take rest breaks.



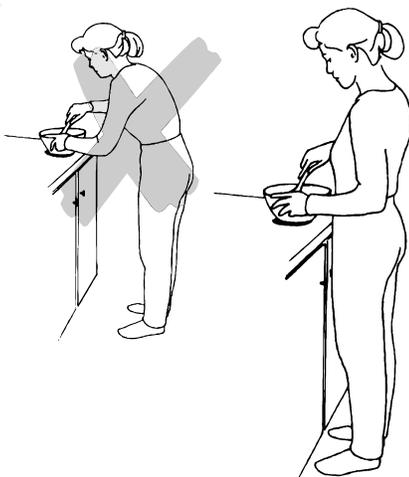
**POSITIONING - 8**  
Reading

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



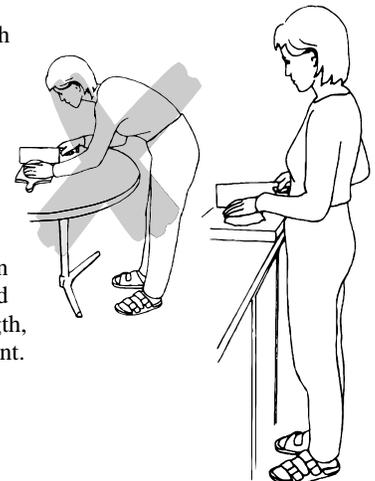
**POSITIONING - 9**  
Work Positioning

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



**POSITIONING - 10**  
Work Height and Reach

Ideal work height is no more than 2 to 4 inches below elbow level when standing, and at elbow level when sitting. Reaching should be limited to arm's length, with elbows slightly bent.



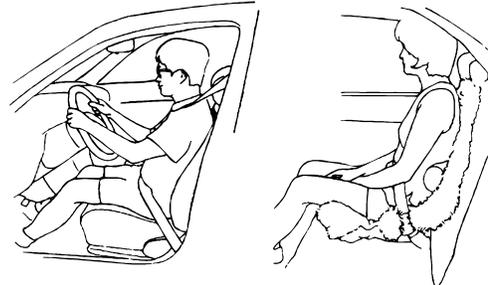


**POSITIONING - 11**  
Keeping Chin Tucked



Keep chin tucked and shoulders back when picking up objects.

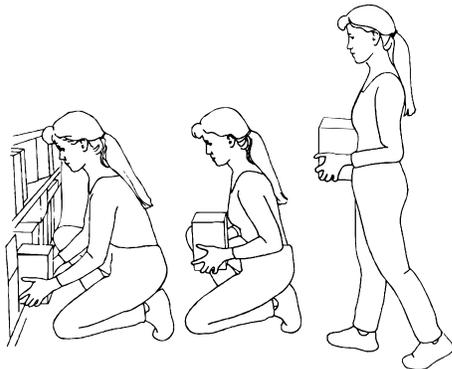
**POSITIONING - 12**  
Car



Before driving, adjust seat and steering (if tilt control) to ensure good posture.

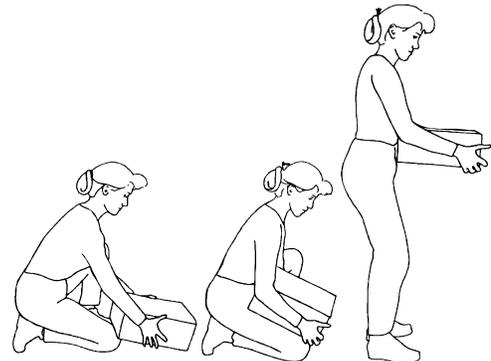
Lamb's skin and a lumbar roll can be used for positioning, whether riding or driving.

**LIFTING - 3**  
Low Shelf



Squat down, and bring item close to lift.

**LIFTING - 9**  
One Knee



Slide object up one thigh, and hold close at waist level with both hands before standing up.

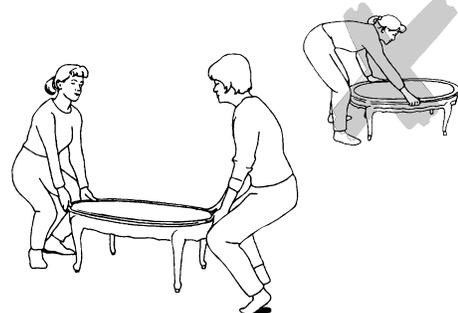
**LIFTING - 10**  
Deep Squat

Squat and lift with both arms held against upper trunk. Tighten stomach muscles without holding breath.



Use smooth movements to avoid jerking.

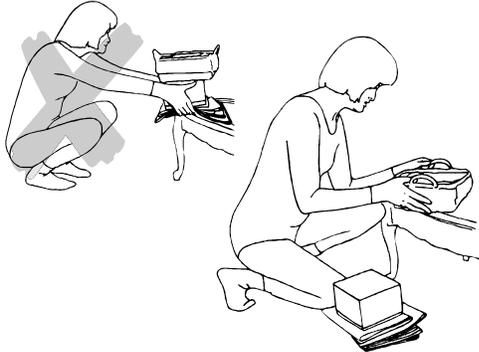
**LIFTING - 2**  
Ask For Help



Ask for help and delegate to others when possible. Coordinate your movements when lifting together, and maintain the low back curve.



LIFTING - 1  
Reducing Load



Move heavy items one at a time,  
or move portions of the contents.

LIFTING - 5  
Cart

When reaching into  
cart with one arm,  
lift opposite leg to  
keep back straight.



LIFTING - 8  
Car Trunk - Reaching Down

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



LIFTING - 6  
Carrying Luggage

Distribute weight  
evenly on both  
sides. Use a cart  
whenever possible.  
Do not twist trunk.  
Move body as a  
unit.

