

Do's and Don'ts of Body Mechanics

ACTIVITY	DON'T	DO
Lifting	<ul style="list-style-type: none"> • Bend over with legs straight. • Twist while lifting. • Lift above shoulder level. • Lift heavy loads without help. 	<ul style="list-style-type: none"> • Bend your knees, not your back. • Be sure of your footing. • Lift with your legs. • Hold objects close to your body.
Sitting	<ul style="list-style-type: none"> • Sit in a chair that's too high or too low. • Arch or round your back. • Lean forward. • Slump or slouch. 	<ul style="list-style-type: none"> • Sit with both feet flat on the floor. • Keep your knees at or slightly below the level of your hips. • Protect your low back with a lumbar support or rolled-up towel.
Driving	<ul style="list-style-type: none"> • Sit too far back from the wheel. Stretching for the pedals and wheel strains the back. • Drive with your knees higher than the level of your hips. 	<ul style="list-style-type: none"> • Use a lumbar support cushion. • Sit upright and drive with both hands on the wheel. • Shift weight often. • Keep back pockets empty.
Working at the Computer	<ul style="list-style-type: none"> • Slump or slouch. • Sit in a chair that's too high or too far from your work station. • Lean forward to read the screen. 	<ul style="list-style-type: none"> • Sit firmly against the chair back. • Protect your back with a lumbar support or rolled-up towel. • Use an adjustable footrest.
Sleeping	<ul style="list-style-type: none"> • Sleep or lounge on soft, sagging, non-supportive mattresses or cushions. • Sleep on your stomach. 	<ul style="list-style-type: none"> • Sleep on a mattress that supports your back's natural curves. • Sleep on your side with a pillow between your knees, or on your back with a pillow under your knees.
Standing or Walking	<ul style="list-style-type: none"> • Stand too long in one position. • Bend forward with legs straight. • Walk with poor posture. 	<ul style="list-style-type: none"> • Avoid high-heeled shoes; choose comfortable, low-heeled shoes. • Stand with one foot up; change positions often. • Correct your posture when necessary.

For more information about the North Fulton Spine Center, visit northfultonregional.com/spine.