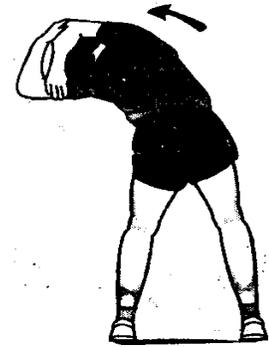


Activities of Daily Living - Things to Do and Not to Do

- 1) Use care getting in your car. Do not stick one leg in and slide under the steering wheel. This will twist your hips and back. First sit down then swing both legs into the car.
- 2) When bending over to lift something, bend at the hips and the knees, NOT at the back. Hold the object close to you and lift with your legs. Concentrate on keeping your back straight.
- 3) Ladies, don't wear heels over 2". They cause strain and stress at the hips, knees, and feet.
- 4) Men, don't carry wallets in your back pockets. This causes your hips to tilt and cause your back to curve sideways.

- 5) Always stretch your muscles upon awakening in the morning and before bed in the evening. The best and easiest way to do this is to use the lateral bending stretch.

Stand with your feet shoulder width apart. Keep your hips stationary and slowly bend to one side as far as possible. Hold the stretch for 15 seconds.



It is not necessary to put your arms above your head as shown here. You can just let them relax by your side.

- 6) Listen to your body's signals of pain, tightness, and tingling. Immediately cease the activity causing the dysfunction and call for an appointment in our office immediately.
- 7) Never hold the phone to your ear by pinching it between your neck and shoulder.
- 8) Do only those exercises taught to you by our staff. If you are currently involved in an exercise program or signed up at a gym let us know so we can instruct you on what you should or should not be doing. Exercises are best done on a firm surface such as the floor or a very firm bed.



- 9) **NEVER** sleep on your stomach. This will cause problems in the neck and lower back. Sleeping on your side is usually the most comfortable position. Keep your knees bent and together. Do NOT throw one leg up over the other. Placing a small pillow between the knees will make it more comfortable. Make sure your pillow is the right height to keep your neck in line with your spine.