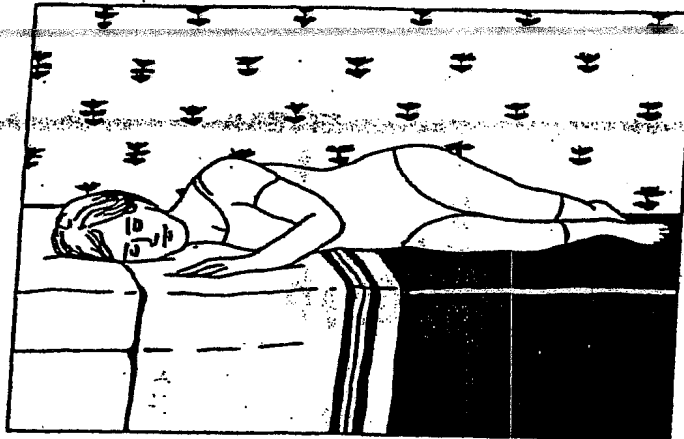


# POSTURE PERFECT

## *Basic Tips For Back Health*

It's true that good posture is a reflection of the way we look and feel about ourselves, but it's much more than that. Good posture is one of the simplest things each of us can do to help our backs stay healthy and pain-free. Good posture can prevent muscle pain, stiffness, and tension as well as back aches, pain, and injury. Good posture is actually quite simple. It means keeping the three natural curves of your back (neck, chest, and lower back) in balance while standing, sitting, or lying down.



When lying down, rest on your side in a modified "fetal" position (knees slightly bent toward chest).

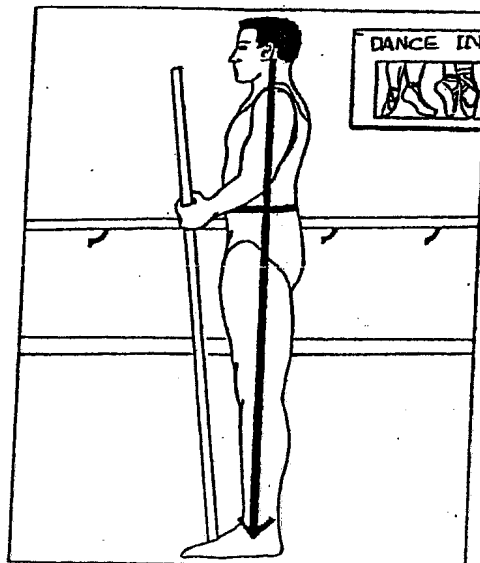
While sitting, "stack" ears over shoulders and shoulders over hips. Use a rolled-up towel or sweater to support your lower back.



lower back and the back of your chair. Keep your buttocks resting against the chair back, and if your feet don't reach the floor, rest them on a footstool or box.

### Standing

Contrary to what most of us were taught, good posture does not mean standing with shoulders thrust back, chin forward, and spine straight as an arrow. Actually, you're using good standing posture when your ears, shoulders, hips, knees, and ankles are "stacked" in a straight line. (Note: Your shoulders should be relaxed and your knees slightly bent.)



You're using good standing posture when your ears, shoulders, hips, knees, and ankles are "stacked" in a straight line.

### Lying Down

When lying down or sleeping, try resting on your side in a modified "fetal" position (knees slightly bent toward chest) or on your back with a pillow placed beneath your knees. Sleeping with more than one pillow under your head can exaggerate your neck curve and can place undue stress on your back. Choose a firm mattress for adequate back support.

### Sitting

While sitting, you can keep your spine balanced by again "stacking" ears over shoulders and shoulders over hips. To prevent lower back strain, place a lumbar roll (or rolled-up towel or sweater) between your

### A Healthier Back

By using good posture throughout your day, you can help keep your back balanced and reduce your risk of back problems and injury. You'll not only feel better, you'll look better too.

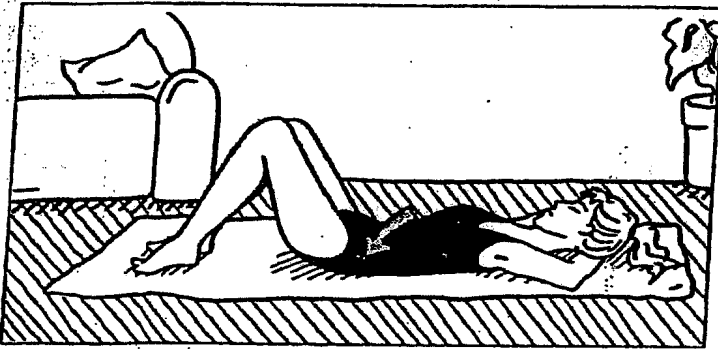


# BACK EXERCISES

## *Making Your Back Work For You*

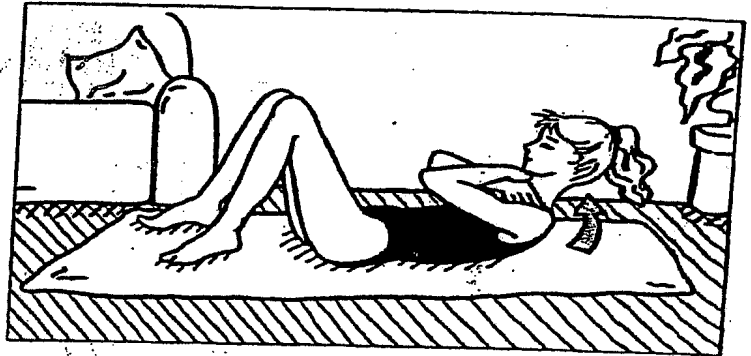
No matter what our jobs, all of us use our backs every day when we're sitting, standing, lifting, even lying down. A back injury can result in pain, disability, and even loss of income if it prevents us from doing our jobs. Together with proper lifting techniques, back exercises are one of the most important things each of

us can do to strengthen our backs and help protect them from accidental injury. The following exercises, when done on a daily basis, can help keep your back in condition. (Remember, though, if you are experiencing back pain of any sort, check with a healthcare professional before doing these or any exercises.



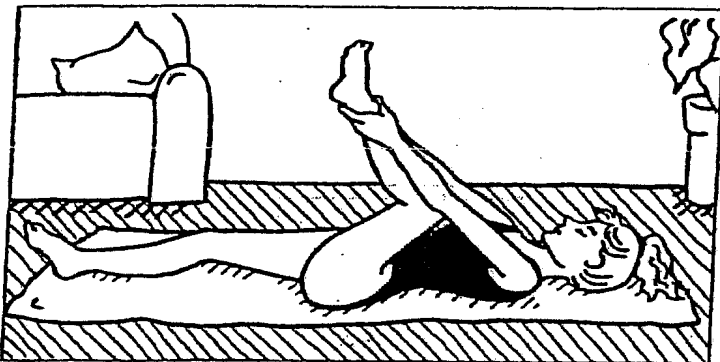
### **Pelvic Tilt**

Lie as shown with knees bent and feet flat on the floor. Slowly tighten your stomach and buttocks as you press your lower back onto the floor. Hold for 10 seconds and then release. Repeat the sequence 5-10 times.



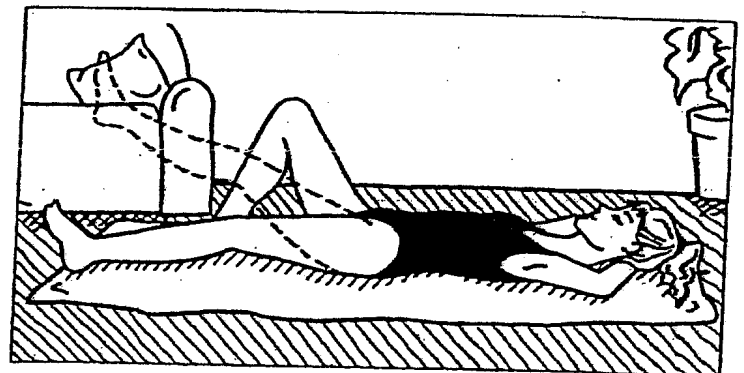
### **Bent-Knee Sit-Ups**

Lie as shown with knees bent and feet and lower back on the floor. Place your arms as shown and slowly raise your shoulders, using your stomach muscles. (Do not stretch with your neck or arms.) Hold for 10 seconds. Relax. Repeat 5-10 times.



### **Hamstring Stretch**

Lie on your back with one leg straight in front of you and the other bent. Hold onto the ankle of your bent leg and slowly try to straighten your leg. (Keep your lower back on the floor.) Hold for 10 seconds. Relax. Repeat 5-10 times, then switch sides.



### **Leg Lift**

Lie on the floor with one leg straight in front of you and the other bent as shown. Slowly raise your straightened leg as far as you can. Hold for 10 seconds. Slowly lower your leg to the floor. Relax. Repeat 5-10 times, then switch sides.