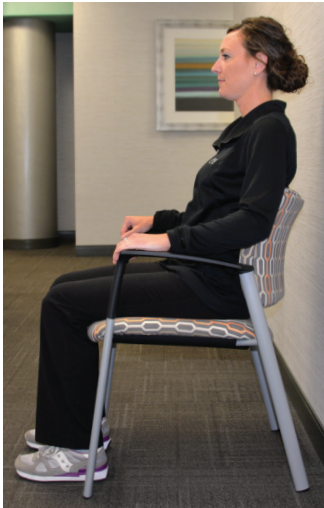


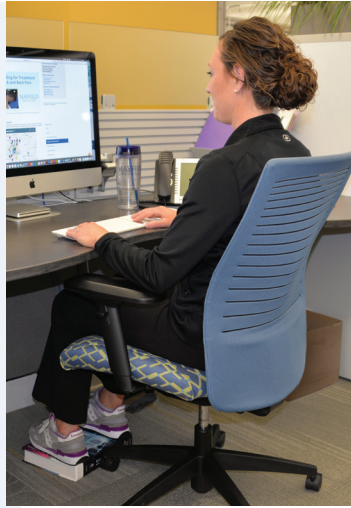
## Posture and Body Mechanics

Good posture involves training your body to stand, walk, sit, and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

If any of the following guidelines causes an increase of back pain or spreading of pain to the legs, do not continue the activity and seek the advice of a doctor or physical therapist.



**Sitting Posture:** Position yourself all the way back in the chair. Sit with your shoulders over your hips, your feet flat on the floor, and your chin aligned over your chest.



**Sitting at a Desk:** Good posture starts with your shoulders over your hips and with good low-back support. Your elbows and knees should be bent to 90 degrees, and your feet should be flat on the floor or supported with a stool or book. There should be a finger-width gap between your knees and the chair. The computer monitor should be at eye level. Your ears should be aligned with your shoulders. The computer mouse should be close enough that your elbows remain in a bent position. Finally, your pen and phone should be kept within 14 to 16 inches of your hands.



### Using a Cellphone:

Rest your arms on your waist as a brace to raise the arm holding your cellphone to face level. Sitting in a soft recliner with a high back and foot rest will help you maintain this position. You can also prop your arms or back with a pillow. You can use the speaker or talk-to-text feature, or increase the font size, to avoid over extending your neck. Limit phone use while in bed.



### Holding a Child:

Do not bend over to pick up a child; squat down and then lift with your legs. Hold the child close to the center of your body instead of propped on your hip.



### Using a Hairdryer:

Stand upright to blow dry your hair. Do not bend over at the waist or bend your head at the neck.





**Tying Shoes:**  
Place your foot on your opposite knee or use a long-handled shoehorn to keep you from bending too far forward.



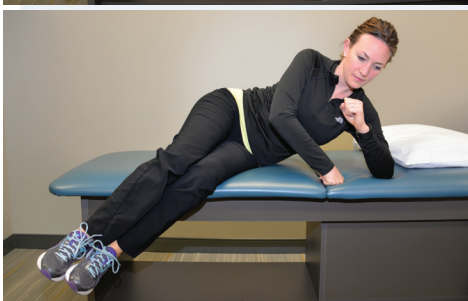
**Proper Bending and Reaching Technique (Golfer's Lift):**  
We recommend that you avoid bending and lifting after lumbar fusion/kyphoplasty procedures. This technique is provided for the rare occasions when you absolutely must pick up an object from the floor. Note that the subject has positioned herself so that she can use her leg as a lever to pull her body back up to its standing posture while keeping her back straight.



**Log Roll:**  
While lying on your back, bend your knees and push through your legs to help you roll.



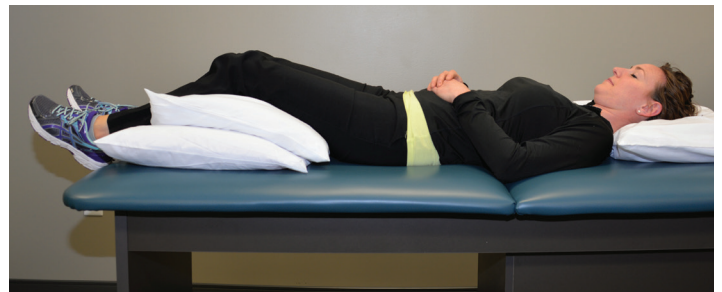
Roll onto your side, keeping your hips, shoulders, and ears moving together.



Place your top hand on the surface and push up while lowering your legs to the floor.



Slowly raise your body while lowering your legs to assume an upright position.



**Proper Sleeping Posture:** When lying on your back, place a pillow under your knees for support. A pillow should support your neck, not just your head.



**Proper Side-lying Posture:** Place a pillow support between your knees; add a second pillow support at the lumbar side and a third pillow to support your neck and head. The lumbar support pillow is needed only if there is a gap between the bed and your waist.



updated > 06.2022 | reviewed by > Lisa Cleveland, PT, Mayfield Clinic, Cincinnati, Ohio

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