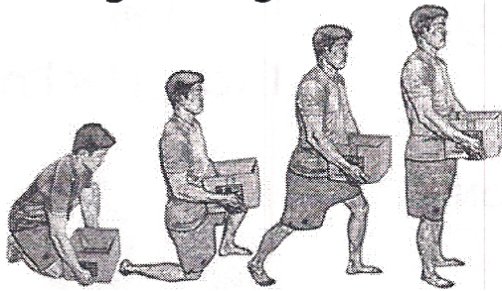
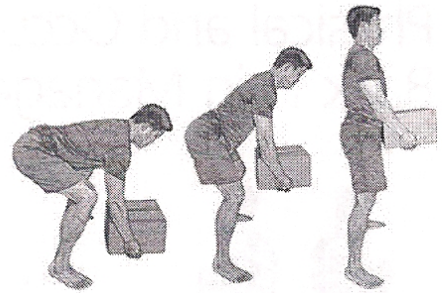


Back Care

Lifting Strategies



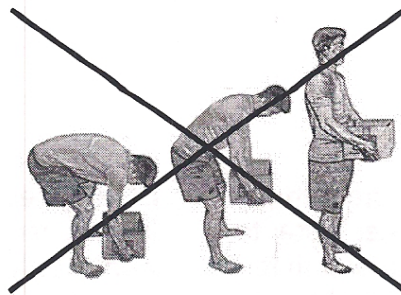
Half Kneel Lift



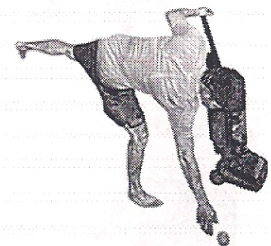
Deadlift



Squat Lift



DON'T stoop lift



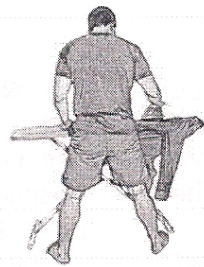
Golfer's Reach / Lift

Standing Recommendations

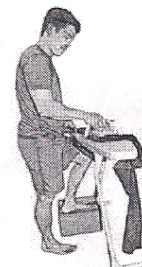
Stand with
Knees slightly
bent



Spread feet
wider apart

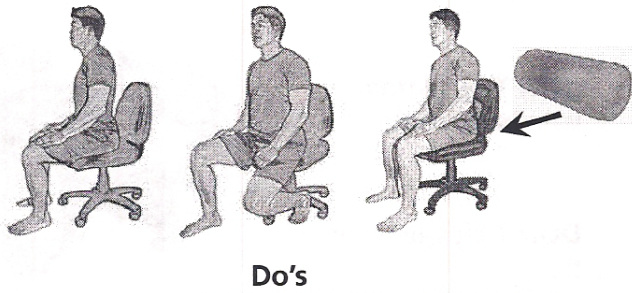


Weight shift
frequently



Put one foot
up on a stool

Sitting



Do's



Don'ts

Sit Tall

Drop one
knee down

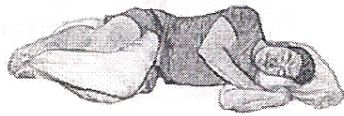
Use a lumbar roll

Slouch/Lean

Cross thighs

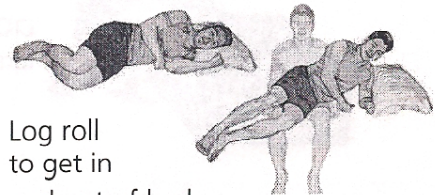
Slouch/Sacral sit

Lying



Pillow between knees

Pillow under knees



Log roll
to get in
and out of bed