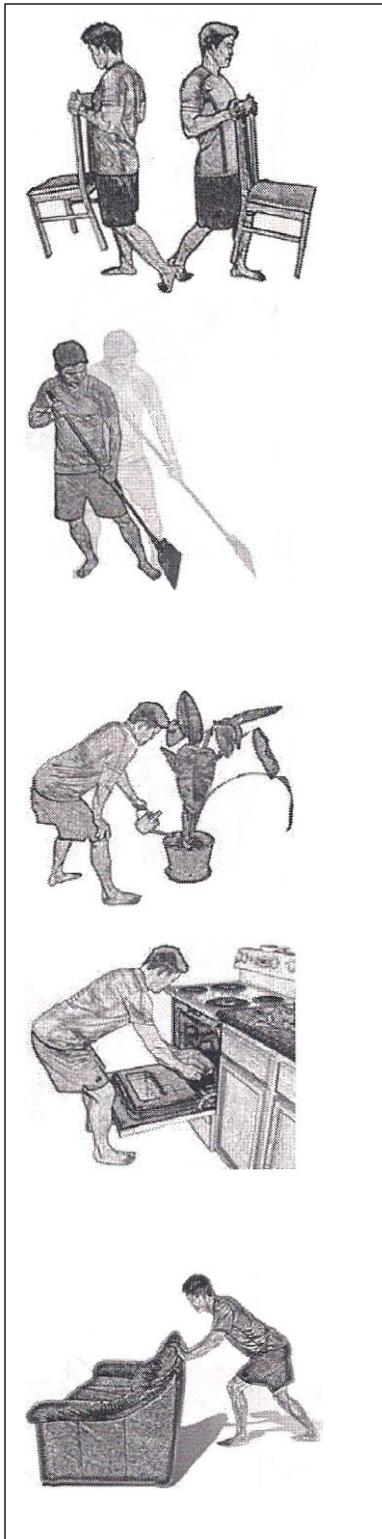


Physical and Occupational Therapy: Back Pain Management Skills



DO

DO turn with your feet

DO more with your legs, step closer to objects and shift your body weight more

DO keep objects close to your body

DO support your back when bending with a hand or elbow on knee or other surface. "Build a Bridge"

DO hinge at your hips

DO lift with your legs.

DON'T

DON'T twist from your trunk

DON'T keep your feet planted and work mostly from your upper body

DON'T over reach with your arms. "Build a Bridge"

DON'T stand and bend with your feet close together, especially when unsupported for prolonged periods

DON'T bend from your back/waist

DON'T lift with your back

DON'T pull with your back

