

Everyday Hints to Prevent or Minimize Pain and Injury
While Performing Activities of Daily Living (ADLs)

All of us must start and end each day involved in daily tasks to carry on life. The following three examples will help in facilitating your day and, hopefully, enhance your life by making the activity easier or at least easier on your body. These hints will utilize proper body mechanics. It is always beneficial to keep the abdominal muscles engaged while performing any of these activities.

Sitting

1. Sit in a straight chair with a firm back support.
2. Feet should be flat on the floor; knees should be level or slightly lower than the hips.
3. Arms should be supported by arm rests, relatively 90 degrees of elbow bending.
4. Don't sit for prolonged periods (greater than 30 minutes); get up and move to promote circulation and to avoid fatigue.

Sit to Stand

1. Use a chair with arms, if available, and a firm sitting surface.
2. Scoot forward to the edge of the chair, keeping feet hip width apart and flat on the floor (you may also have one leg in front of the other as an option).
3. Bend your trunk to shift your body weight and lean forward until your "nose goes over your toes". The gist is to use momentum created by shifting forward while coordinating the pushing through the arms to achieve the liftoff. You may find it useful, if needed, to create a rocking motion and liftoff on the count of three.

Supine (Lying Down) to Sit

1. Get onto your back while lying down (position yourself fairly close to the edge of the bed, leaving enough room for you to roll onto your side without fallout-see direction 3).
2. Bend both knees.
3. Roll fully onto your right/left side, whichever is your usual (bring your "free" shoulder in line with your trunk).
4. Drop both legs off of the bed simultaneously while at the same coordinated moment push with your shoulder that is on the bed and the "free" shoulder/arm also can assist to push at the same moment. Again, timing is everything. The legs will act as counterweight to your trunk as you sit up.
5. Most people should engage in the above sequence in reverse when sitting to supine (lying down).

Medical Center Location
5282 Medical Drive, Suite 550, San Antonio, TX 78229
210.593.0774/fax 210.593.0707

www.mypri.net