

Physical Activity

Good posture

- + Chin tucked
- + Shoulders back with shoulder blades flat
- + Chest up and forward
- + Stomach drawn up and in
- + Lower back flattened
- + Knees straight, but not stiff
- + Feet parallel with weight evenly balanced



Right



Wrong

Sitting guidelines

- + You should only sit for 20-60 minutes the first time after surgery. Thereafter, avoid sitting for more than one hour at a time.
- + Sit in a supportive, comfortable chair — preferably with arm rests.
- + Try to keep knees level with hips when sitting — use a step stool or pillow if needed.
- + Make sure feet are flat on the floor.
- + Sit as far back in the chair as possible. Use a pillow for support if the chair is too deep.
- + Keep your back straight with all activity. Do not slouch or bend forward while sitting in the chair.



Right



Wrong

Rising from a chair

- + Before attempting to stand, keep back straight and scoot as close as possible to the edge of the chair.
- + Place your feet firmly on the floor.
- + Bend forward at your hips, NOT your back.
- + Push off at the armrest while using legs to stand



Right



Getting in and out of bed

- + When sitting on the edge of the bed, lower your upper body sideways using your arms for support. Keep your arms in front of your body. At the same time bring your legs and feet up onto the bed.
- + Once lying on your side with both feet on the bed, you may roll onto your back. Remember to keep your hips and shoulders aligned as you roll.
- + Reverse this to get out of bed.
- + Slide your feet out of bed as you push up with your arms to come to a sitting position.



Right

PHYSICAL ACTIVITY

Sleeping/resting on your back

- + You may use a pillow underneath your knees for comfort. To maintain good posture, avoid using more than two pillows under your head.



Right



Wrong

Sleeping/resting on your side

- + You may rest on your side with your hips slightly flexed forward and a pillow between your knees. Be sure to keep your back straight, not curved.



Right



Wrong

Sleeping/resting on your stomach

- + If you normally sleep on your stomach, **check with your doctor to see if this is okay.**
- + You may place a pillow below the knees for increased comfort.



Right

Kitchen activities

- + To place items overhead, face the shelf and place one foot slightly ahead of the other. Keep your head up and your back straight.
- + When reaching into low cabinets, lower onto one knee and hold onto counter for support.
- + At the kitchen sink, open cabinet door and place one foot on the bottom shelf to help keep back straight.
- + Keep items close to your body to prevent extra strain on your body.



Right



Right



Wrong



Right



Wrong



Right



Wrong

PHYSICAL ACTIVITY

Getting in and out of the car

- + Back up and sit on the seat with your feet outside of the car. Slowly bend your legs and bring them into the car while you turn your head and shoulders toward the front.
- + When driving or riding in a car maintain good posture.
- + Get your doctor's permission before beginning to drive.
- + If taking a long trip, remember to stop and get out of the car to stretch every 30 to 45 minutes.



Right



Right



Right



Wrong



Wrong

Lifting

Check with your doctor before adding this activity.

- + When lifting objects (remember your weight restrictions) below your waist level, squat down, keeping back straight and tightening stomach muscles. Bend with your legs, NOT your back.
- + Do not lift heavy items overhead.
- + Carry objects as close to the body as possible.
- + Slide objects rather than lifting them, if possible.
- + Keep your back straight.
- + Avoid carrying an unbalanced load.
- + It is better to push than pull. Keep your elbows close to your sides, bend your knee (not your back) and use your legs to move the object.
- + Avoid reaching as much as possible.



Right



Wrong



Right



Wrong

Energy conservation

Plan for short periods of rest each day.