Health and Fitness  

Sitting:

**ERECT SITTING**

Use position for:
- Typing
- Computer work
- Meetings

- Sit tall, keep shoulders back and maintain curve in low back.
- Push buttocks to the back of chair.
- Divide weight evenly between buttocks and feet.

**FORWARD SITTING**

Use position for:
- Reaching
- Writing
- Drawing
- Working on small equipment

- Keep buttocks evenly on the seat and lean forward with one foot in front of the other.
- Rest forearms on table surface.
- Maintain curve in low back.

**BACKWARD LEANING**

Use position for:
- Phone work
- Meetings
- Watching TV/movies
- Driving

- Lean back in chair causing chair to tilt backwards.
- Keep low back straight against the back of the chair (maintain lumbar curve) and keep shoulders back.

Computer Position:

**IMPORTANT:** when working at the computer, get up from the chair, walk around, perform tasks standing or walking, every 20-30 minutes. Your body will stiffen from prolonged sitting causing pain and symptoms.

- Keep head level, shoulders back and point eyes to top of the screen.
- Hold upper arms comfortably at sides.
- Hold forearms at right angles to upper arms and keep wrists straight.
- Adjust seat height so that elbows are at the same height as the keyboard or table top.
- Maintain the lumbar curve and adjust back rest to support low back.
- Use a chair that swivels and change chair position throughout the day to vary body position.
- Knees are level with or slightly higher than hips.
- Use a 15-20 degree footrest angle or rest feet flat on the floor.

**THERA-BAND® Exercise Balls** help to correct posture.
Lifting:

Lifting can potentially cause injury to the body's soft tissues (muscle, tendons, ligaments, discs) as well as to bones (degenerative changes, fractures), and proper body mechanics (position) will help to reduce the risk of injury thus preventing pain and disability. Some important lifting tips include:

- Maintain the curve in the low back (keep it straight or slightly curved backwards).
- Bend at the knees and hips—do not flex at the low back.
- Do not rotate or twist the low back or shoulders while lifting.
- Keep the load close to the body.
- Keep a broad base of support.
- Reduce the weight of objects.

![Diagram of different lifting techniques](Diagram.png)

**Deep Squat Lift**
- Straddle object with a broad base stance. Keep back straight (maintain curve) and bend (flex) at knees.

**Straight Leg Lift**
- Position close to barrier. Press legs against barrier. Bend from hips with the back slightly arched (maintain curve).

**1/2 Squat Diagonal**
- Straddle object with a broad base stance, body slightly over the load. Keep back straight (maintain curve) and bend (flex) at knees.

**1/2 Squat Support**
- Broad base stance, with body slightly over load. Bend at knees and hips and maintain the lumbar curve. One hand on thigh/object.

**1/2 Squat Lift**
- Move close to object with broad base stance. Bend at knees and hips and maintain lumbar curve. Do not twist or rotate.

**One Knee Squat Lift**
- Drop on one knee and place foot beside the load. Keep head up and maintain the lumbar curve. Keep load close to body.

**Golfers Lift**
- Maintain lumbar curve, bend forward at hips and raise one leg behind for balance. Reach for object with one hand.

**Overhead Lift**
- Keep load close to body. Maintain lumbar curve and raise object using legs and arms. Keep feet shoulder width apart.

**THERA-BAND® Exercise System** offers simple solutions for all your therapy needs.
Standing/Posture:

**POSTURE**

**STAND - FOOT REST**
Try to use a foot rest when standing for prolonged periods. Alternate from side to side. Stand tall and maintain low back curve.

**STAND - SINK, TABLE**
Place one foot in front of the other. Lean forward leg on sink or table and bend forward at the hips. Do not flex low back.

Lying/Sleeping:

**SUPINE**
Lie flat on back with head on pillow in a neutral position (level) and good support for the neck. Try a pillow under the knees for support and to reduce low back extension.

**SIDE LYING**
Support neck so that it is level. Bend hips and knees slightly and try a pillow between the knees.

**STOMACH LYING**
Do not sleep on your stomach (face down). Stomach sleeping strains the neck and shoulders as well as the lower back due to an increase in the curve (hyper extension). If you must sleep on your stomach due to habit or pain, place a pillow under your abdomen and assume a half sideways position with one knee bent.

**ARISING - GETTING UP**
To get up from lying, roll onto your side, bend knees up towards stomach, drop legs off the side of the bed or table, and push yourself up slowly with arms.

THERA-BAND® Exercise System for Golfers improves power and accuracy.