

Advise and Do's and Don'ts for Adults :

- Do hot fomentation (with hot moist towel/hot water bottle) thrice a day.
- Wear soft/cushion sole.
- Avoid flat shoes/high heels. Wear jogging shoes.
- Suggest lying on tummy (if comfortable for patient) but older patient should avoid lying on tummy.
- Walk straight in a correct posture.

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1. Sleeping Posture:

Do's:

Use pillow of normal thickness in side lying position.



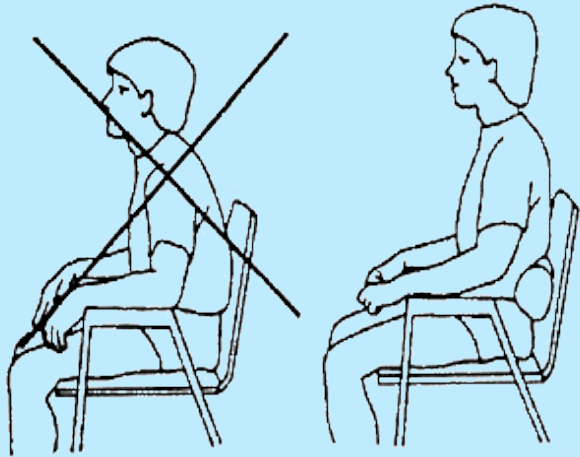
Don'ts:

Don't sleep straight.

2. Sitting And Getting Up:

Do's:

- Ensure that your lower back is supported well with a pillow. Sit with your back straight, especially while sitting in the car.
- Ensure that your work-desk is at a correct and comfortable height.
- Always keep your knees and hips at the same level. Placing your knees above your hip level will disrupt the normal curvature of your back and give you that ache you wouldn't want.
- Sit only for short interval.



Don'ts:

- Do not sit on soft couches. That will not enable you to sit straight.
- Do not slouch, this will make your back curl and exert your lower back.

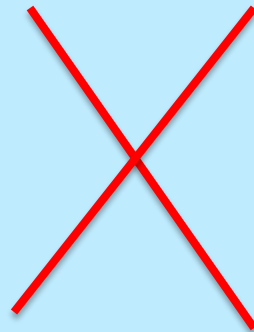
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➤ While getting up, do not bend forward at your hip. Move ahead in your seat, apply pressure on your legs, straighten them and then stand up.



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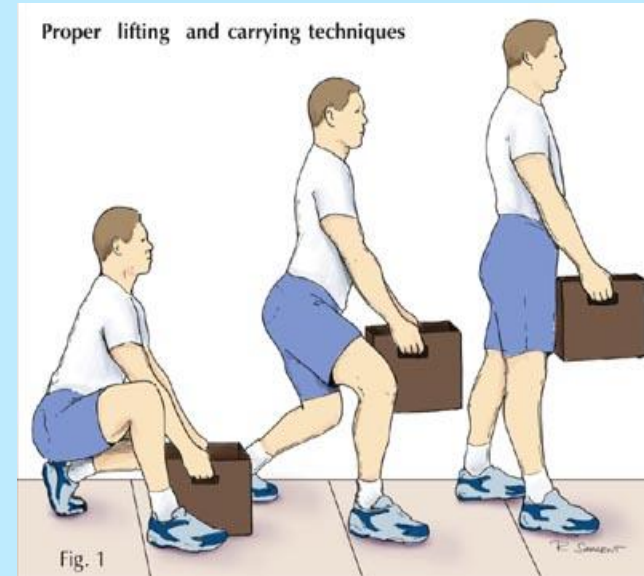
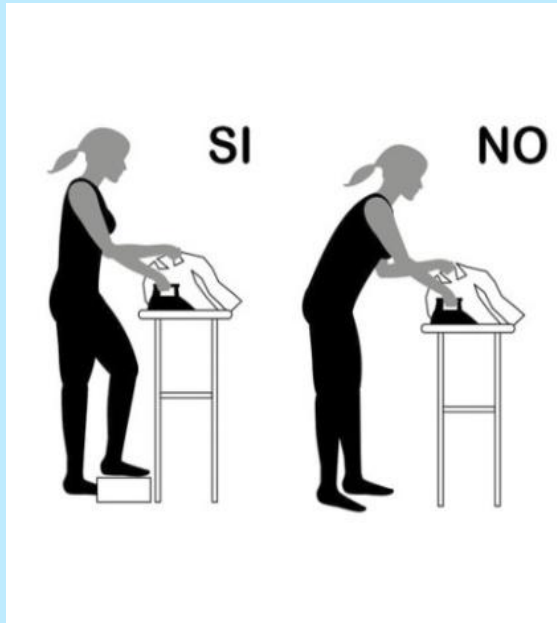
- Avoid crossed knee sitting.
- Avoid squatting
- Avoid cross leg sitting.



3. Working :

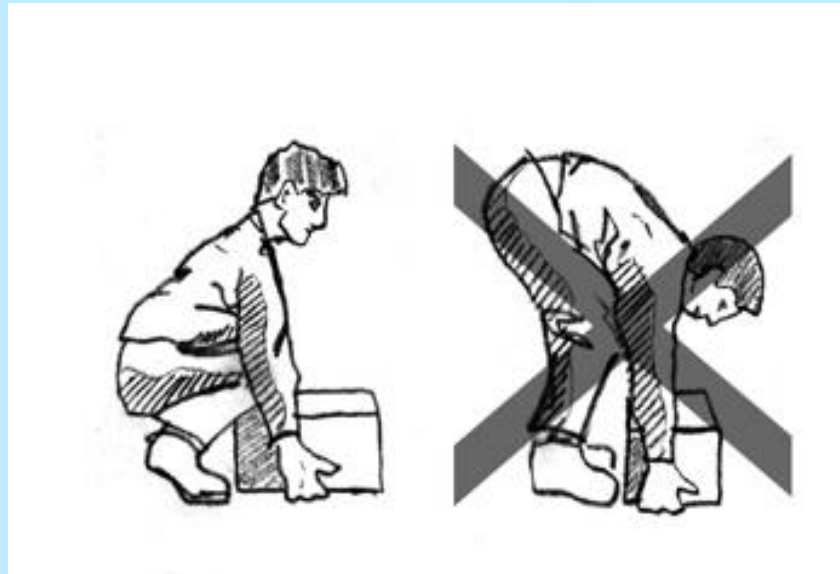
Do's:

- While lifting, stand as close to the object as possible, bend only at the knees while keeping your back straight. Secure your grip on the thing and lift it by straightening your knees.
- Avoid lifting heavy objects if possible.
- Keep your back straight while doing mopping, using the vacuum cleaner, working with a lawn mower, etc.



Don'ts:

- Do not jerk and lift anything.
- Don't bend your neck.
- Avoid hanging of arms.
- Bending to lift anything is a strict no-no.



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- In order to avoid holding the head in the same position for long periods, take break while driving, watching TV or working on a computer.
- Use a seat belt when in a car.
- Retraction of shoulders every hour: move shoulders backward.

5. Sleeping And Waking Up:

Do's:

Try sleeping on your side with your knees slightly bent and a comfortable pillow placed between the knees, this helps to avoid exerting the back.

Ensure that the mattress is firm enough to support the curvature of your spine.

Don'ts:

Do not get up from your bed with a start. Take your time, stretch a little in the bed if you can, then slowly turn over to

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the side and get up by using the elbow of one arm and the palm of the other hand for support.

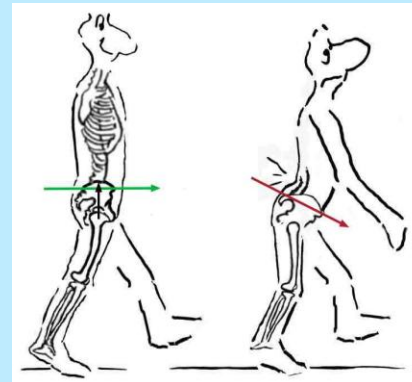
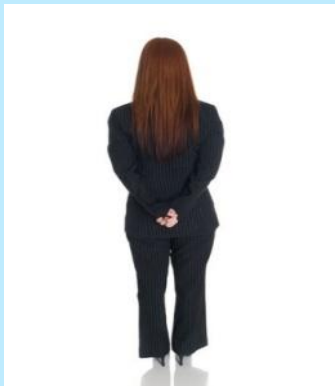


6. Walking Or Standing -

Do's:

Ensure that your shoes are the right size and hug and cushion your feet comfortably. There should be a thumb width gap between your big toe and the end of the shoe.

- Keep your back straight and maintain a good posture while walking or standing.



Don'ts :

- Do not stand for long periods. Take your shoes off and wiggle your toes to enable circulation of blood.
- Do not wear high heeled uncomfortable shoes.

