

Do's & Don't's

Sitting

- Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
- Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
- If your physician has determined that you have a leg length difference on one side, then you should use a heel lift anytime you are up & about.
- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.

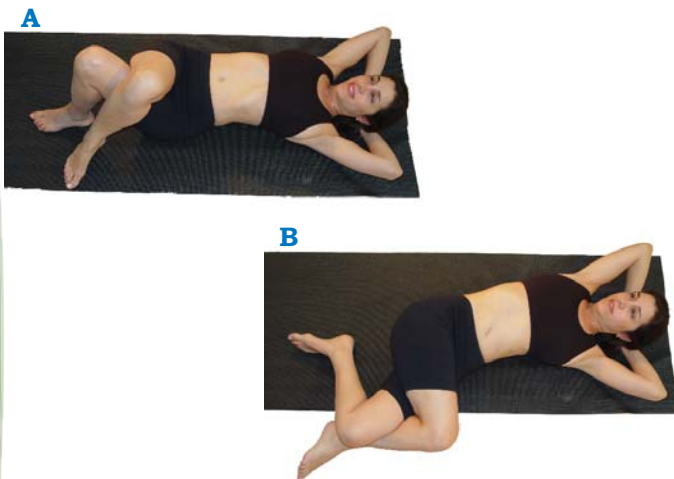
Lifting



It is extremely important to:

- Lift things with your body squared up to it & not in a twisted position
- Bend from your knees and keep your back straight (with your pelvis tucked underneath you)
- It is even more important to lift in with good form when you are tired, cold or are fatigued

Laying Stretch



Lay down on the floor with your arms crossed behind your head and your legs crossed, figure A. Allow the weight of your top leg to twist your body over, figure B. Take 5 deep breaths & repeat on each side 3-5 times. The whole exercise should be repeated 2-3 times a day.

Posture When Sitting Down

The key to good posture when sitting down & standing rests on maintaining your lumbar curve while in process! The following is the sequence necessary to stand up & maintain good alignment:

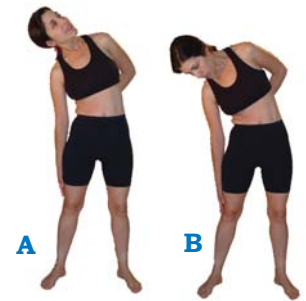
- **You are sitting comfortably in a chair with a good lumbar support. (figure A)**
- **Then, slide forward in your chair, but advance one butt cheek further than the other & place a foot beneath the front edge of the chair. (figure B)**
- **Maintain your lumbar curve while the knees & hips are straightened. (figure C)**
- **The standing position. (figure D)**

The sequence is reversed to sit down.



Standing Stretch

Stand with your legs a little more than shoulder width apart and reach your arm down your thigh toward your knee, figure A. Look up with your head & eyes while inhaling deeply, figure B. Then, exhale and look down, figure C. Upon looking down your hand should be able to creep down your leg more. Repeat 3-5 times and then switch sides. The whole exercise should be repeated 2-3 times a day.



Hip-Hike Exercise

Lay down on the floor and place your hands over your waist so that you feel the pointy bone in the front, figure A. Lower one hip toward your feet while inhaling deeply & then raise the other towards your head while exhaling fully, figure B. Return to the starting position & repeat on each side 5-7 times. The whole exercise should be repeated 2-3 times a day.

