

CORAL CANYON CHIROPRACTIC

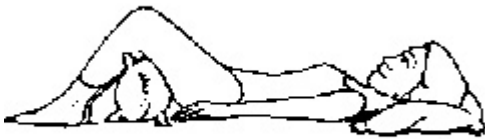
2250 Coral Canyon Blvd, Suite 202; Washington, UT 84780

1141 W. State St, Suite 12; Hurricane, UT 84737

BASIC BODY MECHANICS

PROPER SUPINE POSTURE

Lie on your back. Place a small pillow under your head and a larger pillow under your knees.



PROPER SIDE-LYING POSTURE

Lie on your side with both knees bent. Place a pillow under your head so your neck is straight. Place a pillow between your knees and place a small towel under your waist so your spine does not sag.



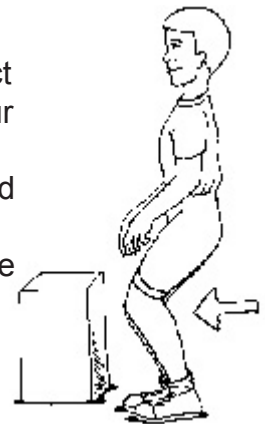
GETTING IN AND OUT OF BED

Tighten your stomach muscles to stabilize your spine and bend your knees to 45° and roll onto your side. Use both arms to push yourself up to a sitting position.



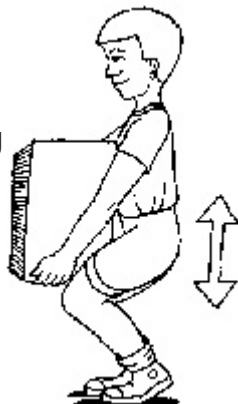
PROPER LIFTING (1)

Get as close to the object as possible. Tighten your stomach muscles to stabilize your back. Bend at your knees to lower yourself to the level of the object. Always maintain a straight back posture.



PROPER LIFTING (2)

Maintain a straight back posture as you use your legs to come to a standing position. As you lift, keep the object as close to your body as possible to prevent any strain on your back.



PROPER LIFTING (3)

Eliminate the combination of twisting and lifting. Change direction when you are carrying an object by stepping and turning your whole body.

