

Healthy Posture Hints

Driving



Correct



Incorrect

Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support to avoid stretching up to see over the wheel.

Sitting



Incorrect



Correct



While standing or sitting, keep neck drawn back and chin tucked in, not up. A proper chair will support your arms and shoulders and help prevent strains of the neck.

Sleeping

Incorrect



Correct

Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.



Correct

If you sleep on your back, put a pillow under your neck, not your head. Also, try putting a pillow under your knees to increase your comfort.

TV/Resting



Incorrect



Correct

Don't lie on the sofa to watch TV. Sit up properly in a chair. Don't prop your head up or forward on pillows to read or watch TV.

Lifting



Correct

Bend at your knees; squat and lift with your thigh muscles. Move slowly and avoid sudden movements. Try to avoid lifting loads in front of you above your waist line.



Incorrect

Reaching



Incorrect



Correct

Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for extended periods of time.



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Catholic Medical Partners
INDEPENDENT PRACTICE ASSOCIATION

Neck/Shoulder Pain & Stretches



What it is
&
How to
relieve it

What Causes Neck & Shoulder Pain?

- Abnormalities in bones & joints
- Trauma
- Poor Posture
- Strains from overexertion
- Overuse
- Degenerative Diseases
- Pinched Nerves

How is it Diagnosed?

- Symptoms
- Xrays
- MRI
- CT Scan
- Electromyography (EMG)

How to Treat It

- Ibuprofen (Advil, Motrin)
- Acetaminophen (Tylenol)
- Naproxen (Aleve, Naprosyn)
- Muscle Relaxers
- Heat or Ice
- Exercises
- Physical Therapy
- Chiropractors
- Surgery

Exercises

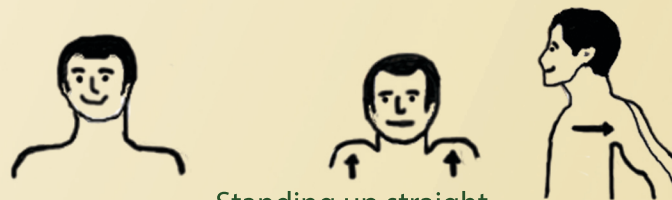
Take 5-10 minutes every day, twice daily, if possible for these exercises. Increase the amount and number of times you exercise as you feel better. Some good times to do these are while you are in the shower or getting ready in the morning.



Standing up straight, turn your head slowly to the right. Return to the normal center position and relax. Then turn your head slowly to the left. Return to the center.

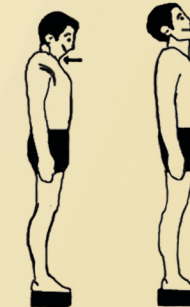


Standing up straight, bring your left ear to your left shoulder. Return your head to the center, then repeat on the other side, bringing the right ear to the right shoulder. Return to the center.



Standing up straight, raise both of your shoulders to your ears and hold there until the count of five (5). Release and relax your shoulders. Stretch your shoulders backward, as far as possible and hold for the count of five (5). Then release.

Stand up straight. With one hand, grasp the thumb of the other hand behind your back, then pull downward towards the floor. Take a deep breath. Roll up to stand on your toes and look toward the ceiling while pulling down on your thumb. Hold for a moment, then slowly exhale and relax. Repeat every 1-2 hours during the day.



Standing up straight, try to touch your chin to your chest, slowly. Raise head backwards, looking up at the ceiling slowly.



Lie on your stomach with your hands clasped behind your back. Pull your shoulders back and down by pushing your hands towards your feet, pinching your shoulder blades together and lifting your head. Take a deep breath and hold for two (2) seconds. Relax.



Lie on your back with your knees bent and a small pillow under your neck. Take a deep breath slowly, fully expanding your chest, then exhale slowly. Repeat ten (10) times.