



## HULST JEPSEN PHYSICAL THERAPY

### Physical Therapy Tips/Facts\*

- **When lifting objects...**
  - Keep the object close to your body
  - Keep your back straight while bending your hips and knees
  - Tighten your stomach muscles without holding your breath
- **If you have to sit a lot for a prolonged period of time...**
  - Sit upright with your ear, shoulder, and hip in line.
  - Have your knees and hips bent at 90 degrees with your feet flat on the floor
  - Have your elbows resting at your side bent at 90 degrees if you are on a computer
- **To prevent/address low back pain...**
  - Put a pillow between your knees when lying on your side
  - Put a pillow under your knees when lying on your back
  - Put a small pillow behind your back when sitting for extending periods of time
  - Avoid sitting for more than an hour whenever possible
  - Utilize good posture and body mechanics at all times
- **Tight neck muscles can often be a cause of chronic headaches**
- **Ice immediately after an injury can help reduce swelling and pain**
- **Wearing good supportive shoes when exercising can be a great way to prevent injuries**
- **When lifting weights, higher repetitions with low to moderate loads can prevent injuries, while still strengthening the muscles**
- **If you have to stand for prolonged periods of time, standing on a cushioned mat can prevent injuries**

\*These general tips and facts are suggestions to assist with day-to-day tasks. If you are in pain or experiencing problems in any of these areas consult your physician.