**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

• Chronic headaches can often be caused by tightness of neck muscles

• Icing 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 or schedule an appointment with us for a free consult.