



6 Weeks to Better Body Mechanics

Pay attention to one area each week to set new habits!



Week 1 Standing

Goal

Improve standing posture and balance to reduce foot stress and pain.

- Engage the full foot whenever standing to distribute your weight effectively.
- In the parallel (stationary) stance and the one-foot-forward (mobile) stance, keep your trunk, legs, and feet aligned forward, facing the direction of your focus.
- Be mindful of your head's position: balance it over your spine to maintain proper vertical alignment of the upper body.

Week 2 Sitting

Goal

Increase seated stability and balance by establishing a stable tripod of support.

- Whenever you sit, check that your weight is on your ischial tuberosities and your feet are at equal distances from your centerline, aligned underneath your knees.
- Keep your knees at hip height or slightly lower.
- Keep your legs wide enough apart so that you bend forward using the hip joints rather than bending from the spine.



Week 3 Bending

Goal

Develop improved stability in the spine while better supporting your body's weight during bending movements.

- Practice squat-bending (bending from the hip joints, knees, and ankles), which recruits the pelvic muscles and ball-and-socket joints of the hips, resulting in a more vertical and stable spinal position.
- Bend your knees and ankles when bending from the hips. This allows your upper body weight to be counterbalanced by the pelvis and helps keep your center of weight close to your line of gravity.

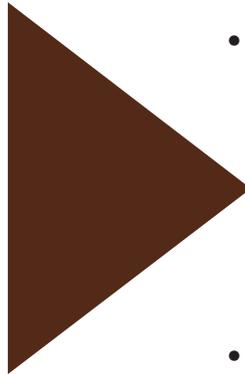




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Week 4 Lifting

Goal
Reduce your chance of injury by maintaining proper positioning and technique while lifting.



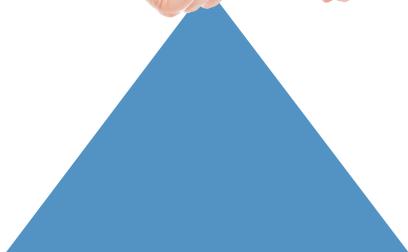
- Get close to the load you are lifting. This reduces the effort in your back and makes the act of lifting easier and more comfortable.
- Face the load you are about to lift. Never start a lift in a rotated or twisted position.
- Use the power of your lower body and lift from your legs, maintaining a neutral and vertical position in the spine.



Week 5 Pushing and Pulling

Goal
Use self-supported force for better stability and balance.

- Initiate pushing and pulling force from the center of weight in your lower body, not from your hands, to relieve stress on your arms, hands, and wrists.
- Use your hands to feel the client's response, instead of gripping for stability.



Week 6 Applying Deep Pressure

Goal
Reduce risk of injury and increase effectiveness of deep-pressure techniques through proper positioning and effective use of tools.

- When applying deep pressure, maintain unilateral alignment of the shoulders, arms, hands, and lower body.
- When applying static pressure, stand directly above the area of focus and use gravity and the strength of your lower body to apply force effortlessly.
- When working at an angle, position yourself at a distance and push with your feet and legs to transfer force into the area of focus.
- Choose the most effective tool for the technique and area of focus. Fingers and thumbs should be used for less stressful work, while forearms and elbows should be used for deep pressure.

