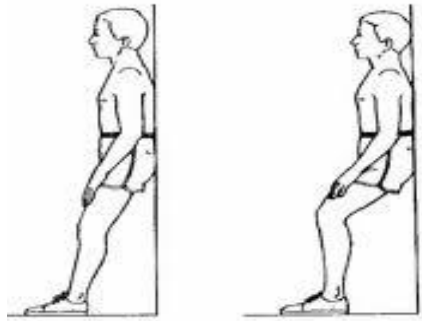


Strengthening Exercises

Partial Squats



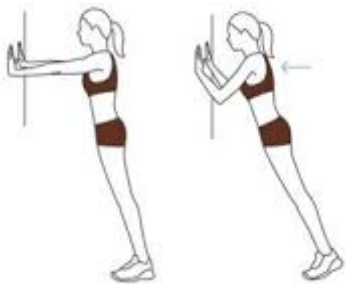
- Feet shoulder width apart
- Slide back down wall
- Keep knees aligned with ankles

Bicep Curls



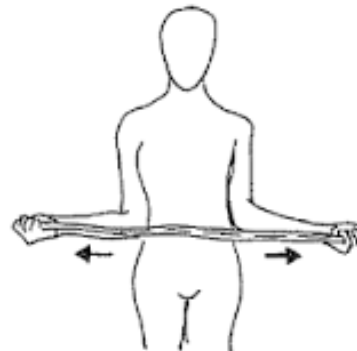
- Standing upright
- Set shoulders
- Keep elbow beside body, palm facing up
- Curl arm up, keep elbow beside bdy

Wall Pushups



- Standing with neutral spine with feet away from the wall
- Place hands shoulder width apart on the wall
- Press against the wall, pushing yourself away from the wall

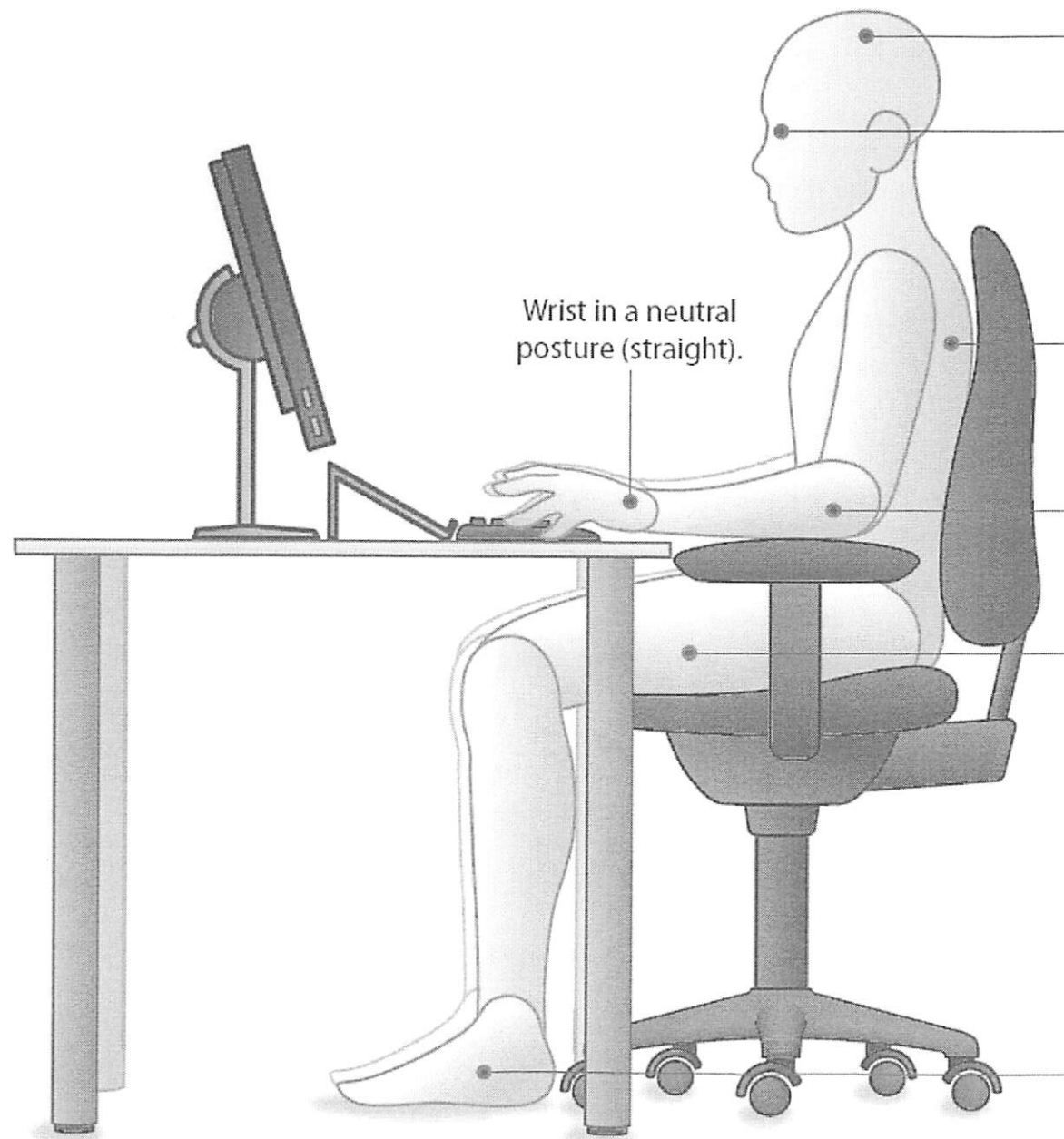
Shoulder Rotation



- Set shoulders (roll back and down)
- Elbows bent at side of the body
- Rotate your hands out, keeping your elbows at your side

Basic Body Mechanics

- Have a solid base of support: feet shoulder width apart and staggered; standing on a firm surface that covers your whole foot area
- Minimize forward bending or reaching: keep your elbows within 4-6" of your torso; use long-handled devices
- Minimize twisting through your neck or trunk: position activities directly in front of your body; side step to access items in front of you
- Use your arms between shoulder and hip height: stand on a stool for reaches above shoulder level; squat, kneel or sit on a low surface for reaches below hip level
- When lifting or carrying: keep the load centered in the middle and close to your body; use surfaces to support the weight or objects and slide them vs. carry them
- Pushing is safer than pulling; pulling is safer than lifting; move your full body weight when pushing or pulling vs. using your arms alone
- Use larger, vs. smaller, groups of muscles because they are stronger and tire less easily



Head upright and over your shoulders.

Eyes looking slightly downward
(30° range from horizontal line of sight)
without bending from the neck.

Wrist in a neutral
posture (straight).

Back should be supported by the
backrest of the chair that promotes
the natural curve of the lower back.

Elbows bent at 90°, forearms horizontal.
Shoulders should be relaxed, but not
depressed.

Thighs horizontal with a
90°-110° angle at the hip.

Feet fully supported and flat on the floor.
If this isn't possible, then the feet should
be fully supported by a footrest.