

Caring for your Spine

Rules for Healthy Movement

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RULES FOR HEALTHY MOVEMENT

- Avoid trunk rotation while lifting
- Avoid excessive trunk turning (rotation) with planted feet
- Avoid twisting (trunk rotation) while reaching high overhead
- Avoid all sustained postures (take microbreaks)
- Lift with the low back and pelvis in a neutral position
- Shift positions frequently
- Move with rhythmic activity
- Avoid heavy lifting when fatigued or unprepared