

Moving and doing things safely to keep pressure off your spine

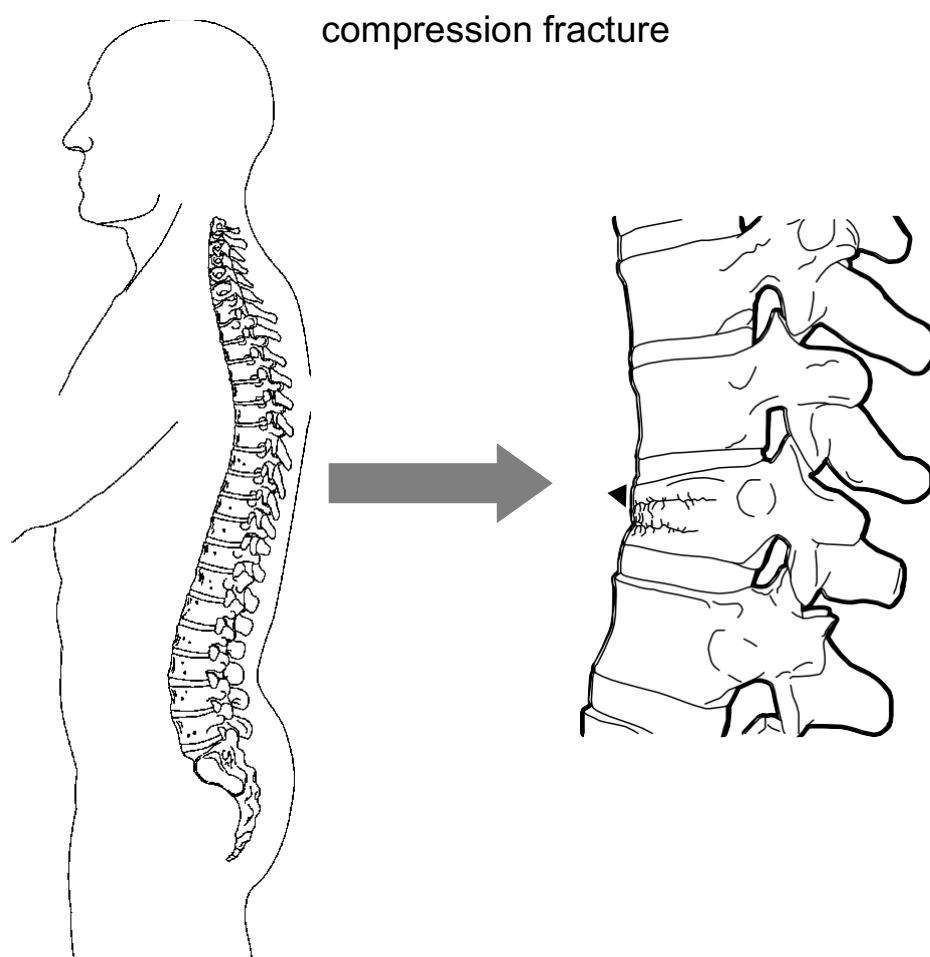
This booklet has been adapted for Australian audiences.

Booklet adapted with permission from IONmed Systems: Bone Safety Evaluation Training Workbook, Stephanie Grant, MS, OTR/L.



Osteoporosis develops when your bones become thinner and weaker. Sometimes the bones in the spine become so weak that even simple actions such as coughing, twisting or lifting can cause a compression fracture (bone break). A compression fracture of the spine can cause the bone to collapse in height and it can be painful.

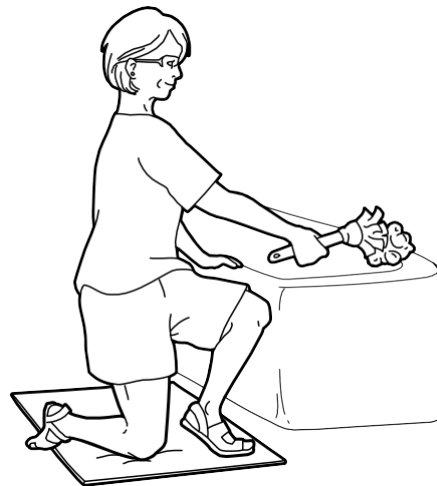
This booklet shows you how to change the way you do things to decrease the pressure on your spine.



Dressing – do not bend over



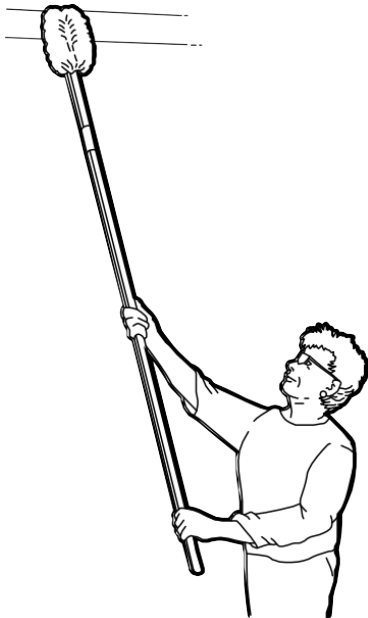
Cleaning – do not bend



Do not bend over when vacuuming, sweeping or raking



Use long handled reachers to help you with tasks



Put stuff on lower shelves so that you do not have to stand on your tiptoes



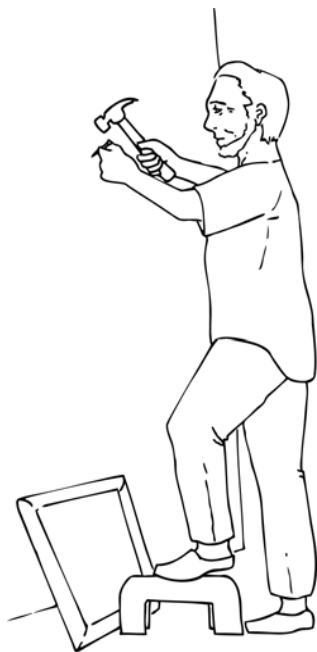
Squat when picking up items



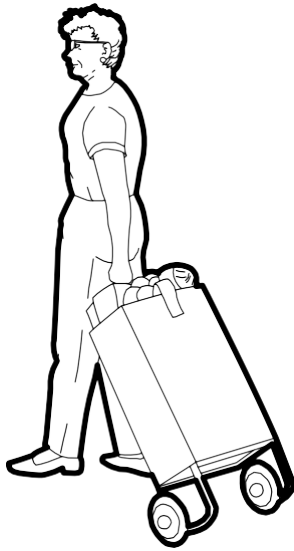
Use the golfer's reach when putting things into a car trunk or washing machine



Change how you stand when doing chores



Use a cart or carry things with two hands



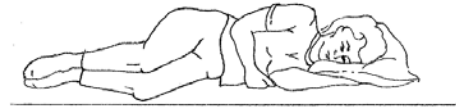
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Sit while cooking Do not twist while sitting



Use this technique for getting in and out of bed

Rollover onto your side (like a log) facing the edge of the bed.



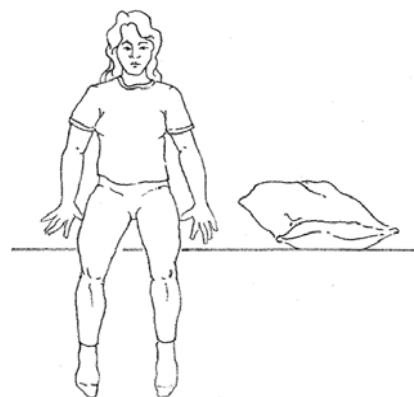
Pull your knees up toward you slightly.



Bring your upper arm over your body and then push up with the elbow of the underside arm.



Sit up and rest before getting out of bed.



Use this technique for getting in and out of a car



Sitting at a computer



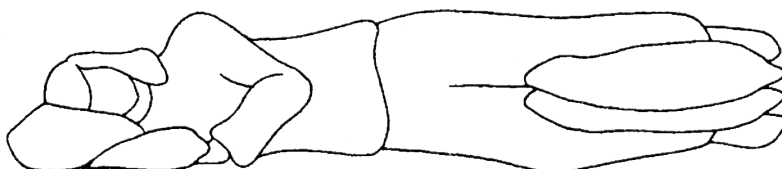
Do not hunch over!



Sit straight up!

Resting and sleeping

Best to sleep on your back. Use pillows if you sleep on your side.



Equipment

Use equipment that helps you not to bend over

Long handled reacher



Long handled shoe horn



Use a walker with a basket



Bathing and showering – use a bench

Step 1



Step 2



Step 3

