

# Posture and Body Mechanics

Good posture and body mechanics are important to the preservation of the health of your spine. Training your body to sit and lift correctly will reduce stress and strain to your spinal muscles, joints and ligaments and will help prevent back and neck pain.

## Incorrect



## Correct



**Sitting posture:** Sit with your hips touching the back of the chair with your back straight and shoulders back. Distribute your weight evenly on both hips and knees at 90 degrees. Feet should be flat on the floor. Avoid sitting in soft chairs and couches and do not sit in the same position for more than 30 minutes.



**Looking at phone:** Sitting or standing; it is important to keep the phone at eye level without lifting shoulders to avoid slouching or looking down.



**Lifting:** When picking up an object, stand with feet shoulder width apart, bend hip/knees and keep back flat. Keep the object close to our body, tighten your stomach muscles and lift using your legs.