

# MECHANICS



Eliminating Injuries Through Education

## LIFT

- ▶ Feet wide apart
- ▶ Keep weight close
- ▶ Back bowed in, rear out
- ▶ Use legs
- ▶ Don't jerk or twist



## PUSH & PULL

- ▶ Shoulders and hips facing in the same direction
- ▶ Bend knees
- ▶ Back bowed in, rear out
- ▶ Move feet and use legs
- ▶ Don't jerk or twist

# POSTURE

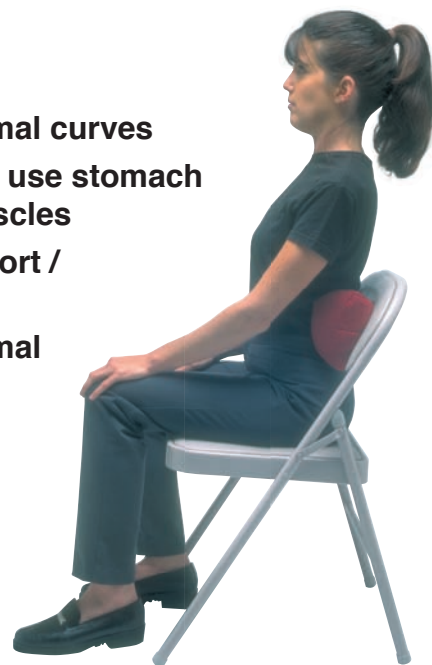


## STAND

- ▶ Head on top of shoulders
- ▶ Chest up and use stomach and back muscles
- ▶ Shoulders back and down
- ▶ Normal spinal curves
- ▶ Knees slightly bent
- ▶ Weight even on both feet

## SIT

- ▶ Head on top of shoulders
- ▶ Maintain normal curves
- ▶ Chest up and use stomach and back muscles
- ▶ Lumbar support / towel roll
- ▶ Maintain normal curves



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# FLEXIBILITY

## BACK EXERCISE

- ▶ Lie face down and place hands on ground like doing a push-up
- ▶ Keep hips on the ground, press top half of body up as far as possible
- ▶ Lower down to ground

REPEAT 6 TIMES

- ▶ Press up until hips come off ground, breathe out, letting low back sag, hold several seconds
- ▶ Lower down to ground

REPEAT 4 TIMES



## STANDING BACK EXERCISE

- ▶ Stand with feet shoulder width apart and a slight bend in the knees
- ▶ Hands on low back
- ▶ Bend back

REPEAT 3 TO 5 TIMES



## REPETITIONS

Pain 6 sets a day

Stiffness 2 to 3 sets a day

Prevention 1 set a day

## NECK EXERCISE

- ▶ Sit in good posture with back supported
- ▶ Keep head level
- ▶ Tuck chin (make a double chin), then

REPEAT 10 TIMES



- ▶ On number 10 only, keep chin tucked in, tilt head and look up at ceiling
- ▶ Gently rock head like saying "no"
- ▶ Keep chin tucked in and bring head back on top of shoulders



# FITNESS

## CARDIO

- ▶ Perform exercises that use legs to burn more calories, decrease body fat and improve heart and lung function
- ▶ Brisk walking or jogging
- ▶ Eliminate use of tobacco

## NUTRITION

- ▶ Eat a balanced diet
- ▶ Eat more fruits and vegetables
- ▶ Stay hydrated
- ▶ A calorie is a calorie is a calorie
- ▶ It is about energy from food and drinks