

Limit Bending Forward in the Morning

General Guidelines

First 2 hours after awakening: No bending, squatting, or sitting. Standing and walking allowed. (Try to eat standing or on a stool)

Hours 2-4: Sitting, squatting, or kneeling with straight back allowed.

After 4 hours: Moderate activity with slight bending allowed.

After 6 hours: Usual activities allowed, avoid extreme bending.

Tips for Limiting Forward Bending with Activities of Daily Living

Getting out of bed:

- Roll completely to side with legs straight
- Push up with both arms and swing legs off bed to seated position
- Get to edge of bed
- Maintain the curve of your lower back
- Stand up straight without any forward bending

Standing at sink:

- If there is a cupboard below, open door and place foot on threshold
- Hold one hand on lower back or one hand on countertop with straight arm to avoid any forward bending

Showering:

- Keep soap and shampoo on highest shelf
- While washing feet or shaving legs maintain curve of lower back and bend from hips

Sitting (office chair or car):

- Sit upright while maintaining the curve of your lower back
- Can use lumbar roll or a thick, tightly rolled towel in the small of your back
- Can use thin towel roll under "sit bones" to maintain the curve of lower back

Getting out of car:

- Swing both legs and trunk toward the door
- Get both feet on ground
- Get to edge of seat
- Maintain curve of lower back while standing

Vacuuming/Mopping:

- Maintain curve of lower back while standing
- Keep vacuum/mop in center of your body and not to the side
- Do not reach far out
- Move entire body more as opposed to extreme reaching