Posture & Body Mechanics

Schawnn Decker, DPT

University of North Dakota School of Medicine and Health Sciences
Summary

• **Posture is key**
  • Remember body mechanics
    • Neutral spine with abdominal contraction
    • Wide base of support, as able
    • Objects close
    • Do not twist
Summary

• **Posture is key**
  • Lift with legs whenever able, avoid bending at waist
  • Push rather than pull, whenever possible
  • If object is heavy or awkward, get help
Prevention

• Keep physically fit, eat right and get adequate rest for your body to rejuvenate
• If you develop or have any posture or body mechanic problems, or other musculoskeletal concerns – please seek out a Physical Therapist - it is our specialty
References
