



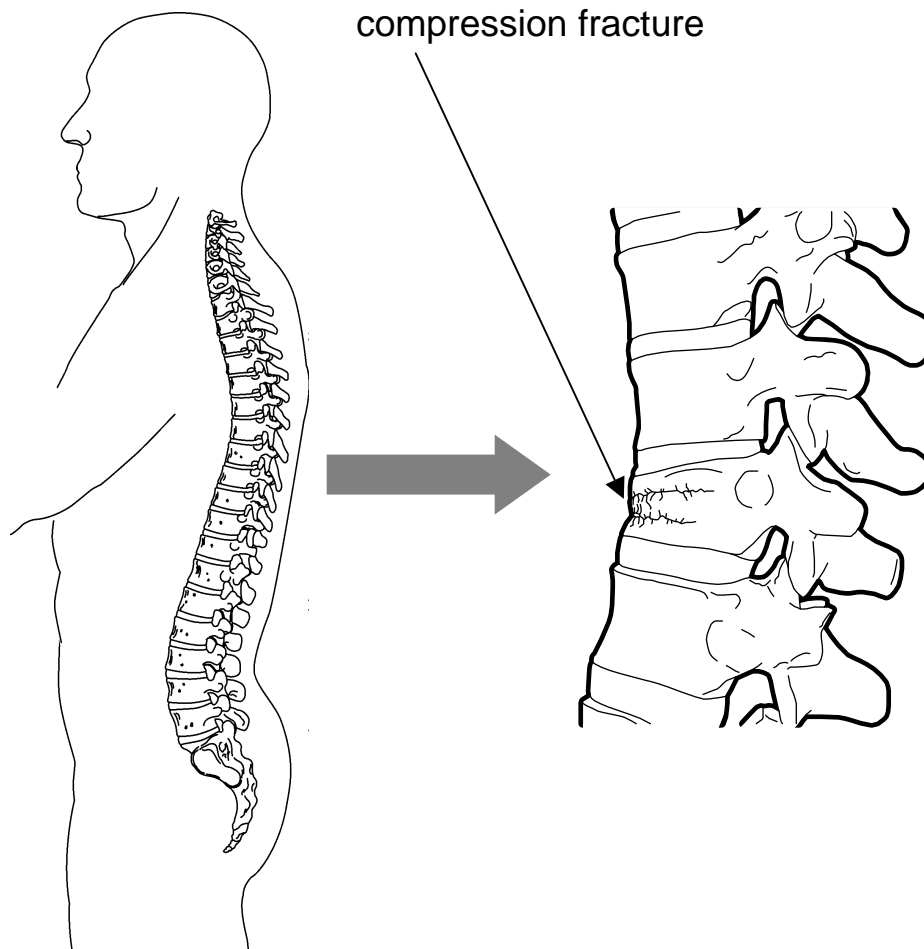
Patient Education



Moving and doing things safely to keep pressure off your spine

Osteoporosis is 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. A compression fracture of the spine can cause the bone to collapse in height and 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



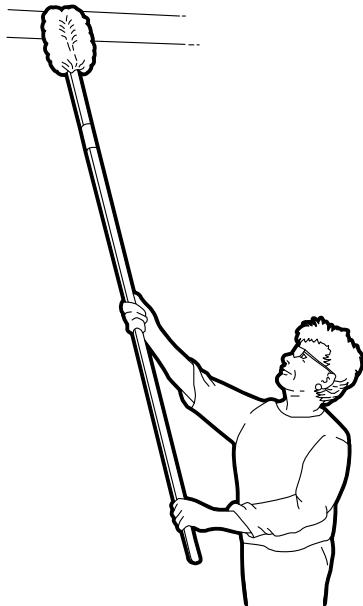
Cleaning – do not bend



Do not bend over when vacuuming, sweeping or raking



Use long handled reachers



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



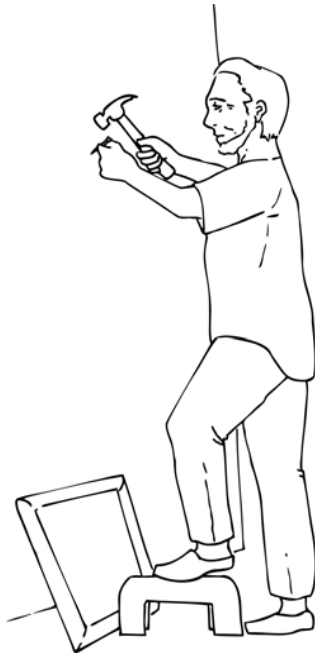
Squat when picking up items



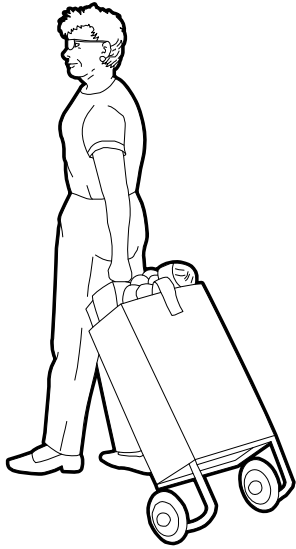
Use the golfer's reach putting things into a car trunk or washer



Change how you stand when doing chores



Use a cart or carry things with 2 hands



Sit while cooking

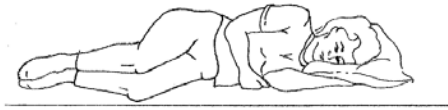


Do not twist while sitting



Getting in and out of bed

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



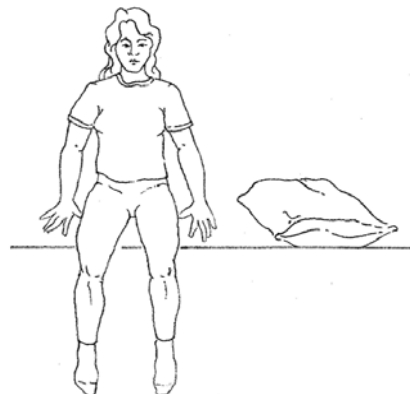
Pull your knees up toward
you slightly.



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.



Getting in and out of a car



Sitting at a computer



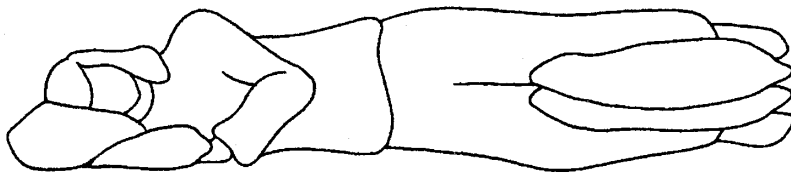
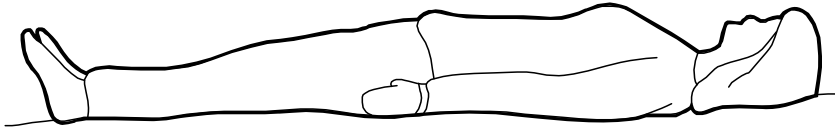
Do not hunch over!



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 with not bending over

Long handled
reacher



Long handled
shoe horn



Sockaid



Use a walker with a basket



Bathing and showering – use a bench

Step 1



Step 2



Step 3



