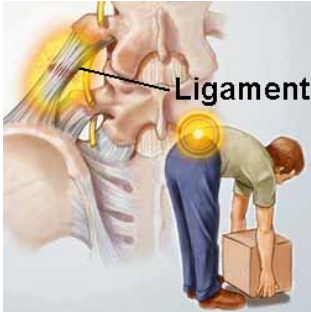
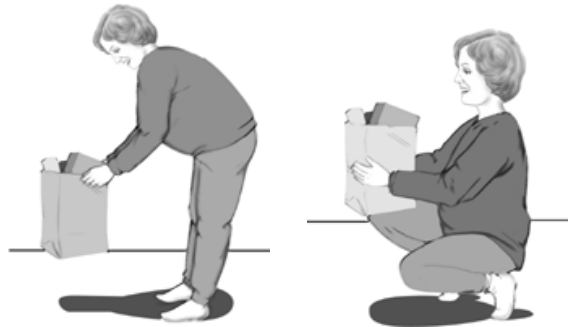


# Body Mechanics and Footwear



**Ligament** Along with posture, proper body mechanics keeps your body from becoming damaged or painful during daily activities. Repetitive daily movements can actually be causing harm without you noticing until it is too late. If something does not feel right, most likely it is improper body mechanics and harming your body. Poor body mechanics is not avoidable but should be kept to a minimum. Here are some points to remember for all activities throughout the day.

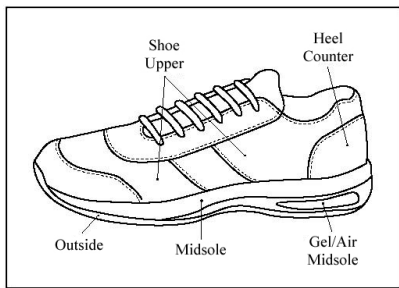
- \*Keep proper posture
- \*Keep objects close to your body by not leaning over
- \*Don't stand or sit in the same position for long periods of time
- \*Use proper lifting techniques (lift with legs not back)
- \*Keep back neutral with knees bent and decrease strain on joints in standing
- \*Use a backpack on both shoulders with a light load
- \*Do not twist your back or carry heavy loads with your arms
- \*Keep your head in a neutral position for all activities



## Wear Appropriate Footwear

Footwear has an impact on the rest of your body even during walking, and standing posture. You may need to consider custom orthotics if you can not find proper shoes. Here are some tips when shopping for your next pair of shoes:

- ◆ Size varies from brand to brand
- ◆ Orthotics may help arches
- ◆ Soles should be flexible
- ◆ Low heel (no high heels) decrease back pain
- ◆ Breathable material
- ◆ Firm heel to keep foot in place.



Athletic shoes (similar to everyday shoes): need extra cushioning for sports, do not assume high cost equals high quality, insoles if needed, flexible cushion soles that bend at the forefoot, breathable material to decrease fungi and bacteria, tight heel grip to keep foot in place, and other characteristics depend on the type of sport you are using your shoes for.

\*If you have any questions or concerns about proper body mechanics or footwear, please contact Primary Therapy Source at 734-3333 for answers.

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