

STANDING ACTIVITIES

Examples: Cooking, brushing teeth

Sometimes activities that involve prolonged standing, such as at counters and sinks, can aggravate the neck and/or low back, as they are often not at ideal heights for every body. Adopting a more “active” stance for improved muscular stabilization and body mechanics can improve pain and function.

Guidelines:

- Stand as close to surface as able
- “Soften” knees (bend slightly/don’t lock out), engage abdominals, and keep trunk/back as upright as possible → if you have to bend forward, hinge from hips keeping back straight, not rounded
- Keep shoulders relaxed with scapular stabilizers engaged to avoid increased activation of neck musculature
- Perform posterior pelvic tilt as able



CORRECT



INCORRECT



INCORRECT