

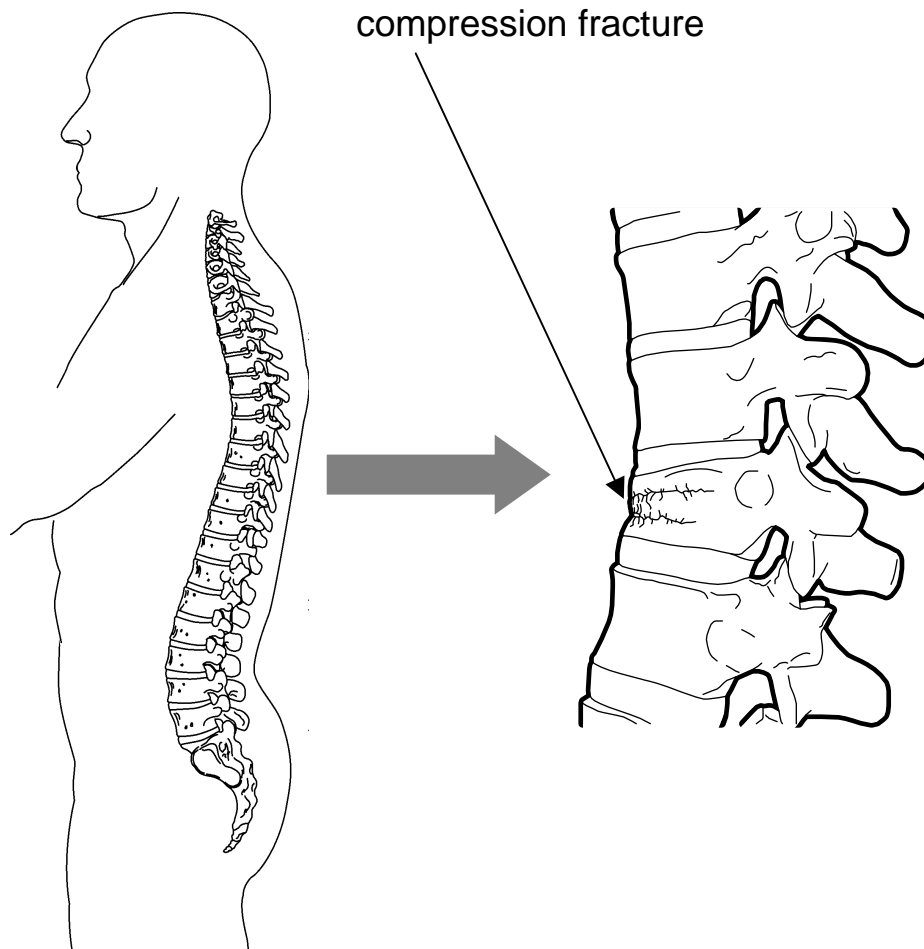
# **Moving and doing things safely to keep pressure off your spine**

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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**



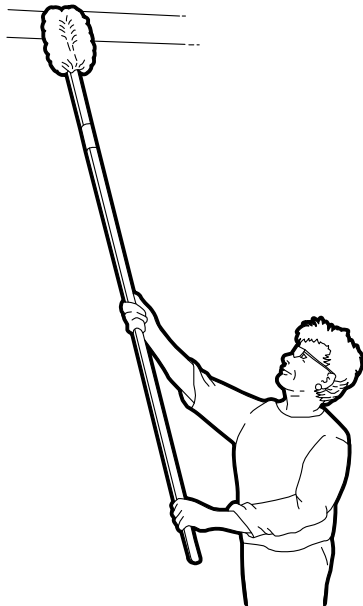
**Cleaning – do not bend**



## **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**



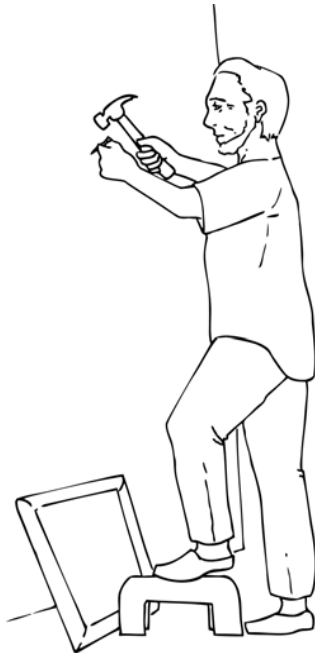
**Squat when picking up items**



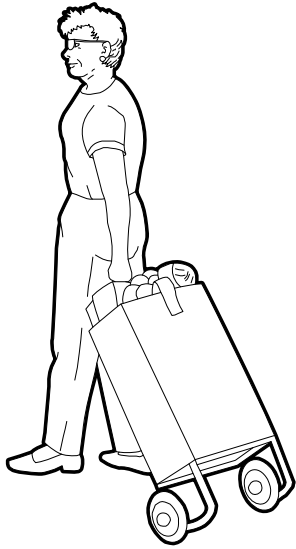
## Use the golfer's reach putting things into a car trunk or washer



## Change how you stand when doing chores



## Use a cart or carry things with 2 hands



## Sit while cooking

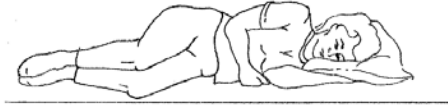


## Do not twist while sitting



## Getting in and out of bed

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



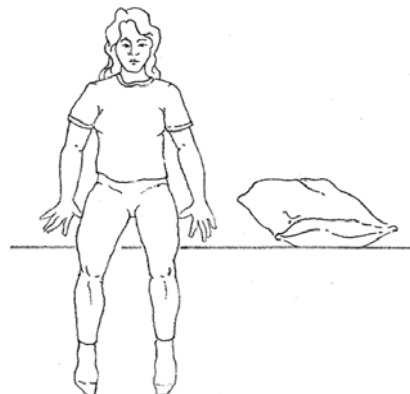
Pull your knees up toward  
you slightly.



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



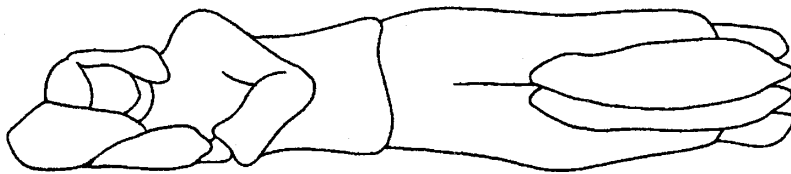
**Do not hunch over!**



**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



## Moving and doing things safely to keep pressure off your spine

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