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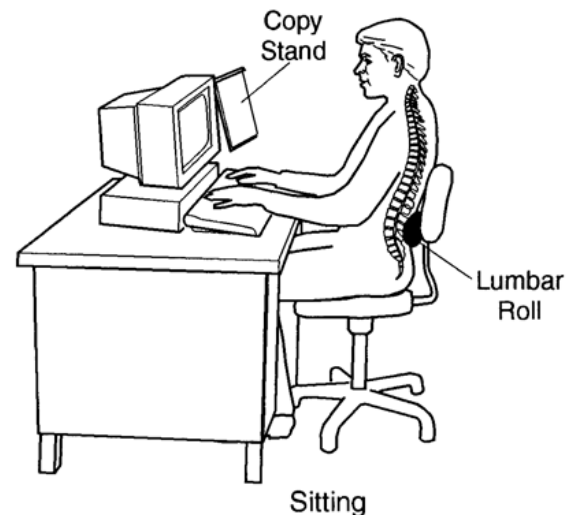
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## GOOD POSTURE TO PROTECT YOUR NECK

When you use good posture, there is less stress on your muscles and joints. If you use good posture as you do activities through the day, you can protect your neck from aches and pains. Try these tips as you go through your day.

### SITTING:

- Keep your chin tucked while you are sitting.
- Use a chair with back and arm supports.



Standing

### STANDING:

- Keep your chin tucked and your low back in a natural position.

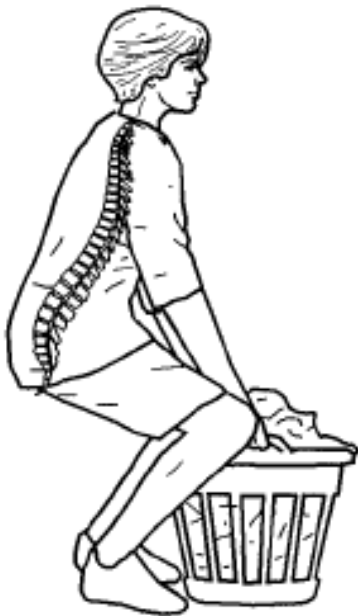
### WORKING:

*\*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

- Take frequent breaks and change activities frequently.

## **DRIVING:**

- Sit with the seat upright and close enough to the wheel and controls that you do not need to reach forward.
- Adjust your headrest to the height of your head.



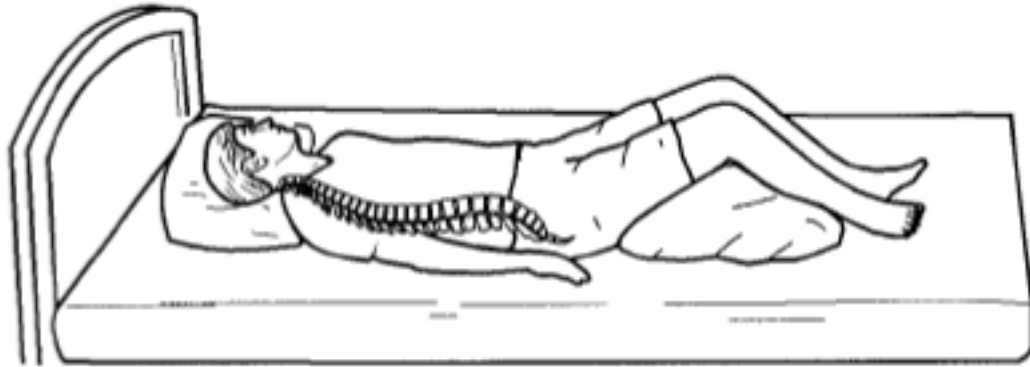
## **LIFTING AND BENDING:**

- Bend your knees to lift, not your back.
- Keep the load close to you and avoid reaching for any length of time.
- Avoid fast movements.

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## **SLEEPING:**

- o Keep your neck in a midline position.
- o Avoid sleeping on your stomach.



**Sleeping**

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