

## **Posture**

A collection of articles on posture written by Todd Hargrove who is a well-known manual and movement therapist, author, and Feldenkrais method practitioner— <https://www.thecambridgeclub.com/Our-Club/Living-Well-Blog/Blog-Post/there-is-no-bad-posture>. Feldenkrais is a movement practice that claims to help improve flexibility and coordination for a more graceful, efficient movement.

## **Body Mechanics and Ergonomics**

Ergonomics applicable for other activities not just in the office <https://www.youtube.com/watch?v=syFev-0jRnQ>

Ergonomics in the office – home or work by Dr. Jen & Dom Fraboni, physical therapists – In this video, they also talk about chair options. Please feel free to get creative here, you don't necessarily need to buy all or any of the chairs they recommend. Use what you have already available but apply some of the tips they offer. <https://youtu.be/Zditl9OIDjM>

Tips & Tricks on proper body mechanics while doing household chores. <https://youtu.be/Eg2sNkLAaVY>

Tips & Tricks for proper posture while working on a laptop. <https://youtu.be/vFXf9zpuzmg>

## **Body Focused Meditations**

Body Awareness meditation on Insight Timer <https://insig.ht/wXMHUbAFGob>

Progressive Muscle Relaxation <https://youtu.be/7sliyoamDLg>

## **Movement Options for Every Body. All shapes, sizes and abilities.**

These are general resources; it's advised to speak with your care team about incorporating new types of movement. Start gently and don't push too hard, it can take a while to find the right movement for you.

## **Dance**

Nia Technique: a mind-body focused dance technique that can be modified for your ability

<https://www.youtube.com/@NiaTechnique>

Zumba <https://www.youtube.com/watch?v=mZeFvX3ALKY>

Zumba for Seniors <https://www.youtube.com/watch?v=WYdJHpQL8-k>

## **Gym Fitness**

Body Positive Workouts <https://www.instagram.com/iamtulin/>

Seated Cardio Exercise Videos <https://www.youtube.com/@metrophysicaltherapy>

Hybrid Calisthenics <https://instagram.com/hybrid.calisthenics?igshid=YmMyMTA2M2Y=>

LGBTQIA+ , Body Positive <https://instagram.com/bodypositivefitness ?igshid=YmMyMTA2M2Y=>

Mobility Playlist [https://www.youtube.com/playlist?list=PLk5UkBNdJQpYtTMOhkxN24eJvh\\_WpZzB2](https://www.youtube.com/playlist?list=PLk5UkBNdJQpYtTMOhkxN24eJvh_WpZzB2)

Proprioceptive/Postural challenges exercises, may be more advanced for some [https://youtu.be/JWp\\_uCFebk0](https://youtu.be/JWp_uCFebk0)

## **Pilates**

Pilates for Fibromyalgia [https://www.youtube.com/watch?v=n\\_UD\\_gT5oDQ](https://www.youtube.com/watch?v=n_UD_gT5oDQ)

Pilates Playlist <https://www.youtube.com/playlist?list=PLPy5QtaUMuhCc82EKuVOax8eam1GSUSjM>

## **Tai Chi & Qi Gong**

Tai Chi For rehabilitation <https://www.youtube.com/watch?v=6nCaiM9yd9w>

Tai Chi for better balance by Silver Sneakers [https://youtu.be/KTba3p\\_bM9c](https://youtu.be/KTba3p_bM9c)

Better Balance Mini Qi Gong Routine <https://youtu.be/xWxMYgcadWc>

Easy 25 min Qi Gong Routine <https://youtu.be/fADrBXkVruY>

## **Yoga**

30 min total beginner Yoga by Jessamyn Stanley <https://www.youtube.com/watch?v=DkgJ82UVQ7c>

Beginners Yoga with Dr. Hansaji Yogendra <https://youtu.be/v-0KCLicPt0>

Organization dedicated to making Yoga accessible <https://www.accessibleyoga.org/>

Seated Yoga, body positive Yoga <https://www.youtube.com/watch?v=MYvz08n0JOo>

Yoga for Mobility <https://fwfg.com/catalog>

## **Body Mechanics Guidelines:**

### **Lifting/Loading**

*Ideally, you want to place heavy objects in a more convenient position for lifting. If you have a choice, try not to lift a heavy object off the floor. If you have no choice but to lift from the floor, follow these guidelines:*

1. Make sure you are facing the object you are about to lift.
2. Stand close to the object. You want your hips to be squared directly above it, you may stagger your stance to achieve this.
3. Bend your knees to get closer to the object if the object is on the ground.
4. Keep a slight arch in the lower back and incline the trunk slightly – neutral spine.
5. Make sure you have a stable hold of the object and bring it close to your body.
6. Lift using your arms, core, and legs. NOT with your back!!!
7. Avoid twisting your body as you lift. Stand all the way up first and use your feet to turn your whole body if you need to turn while holding the weight.

### **Reaching**

*Ideally, you wouldn't want to reach and spend time in this position. If you have an option of bringing the object or the activity, you're working on closer to you, do so. If not, follow these guidelines.*

1. Face your work and get as close as you can.
2. Avoid standing on both feet and standing on your toes. Instead, you may step one foot forward and use the back leg to weight shift yourself to get a little bit taller.
3. Store frequently used items within easy reach so you won't even have to reach
4. Use a foot stool or a ladder to get yourself closer to the object or activity.
5. Take frequent breaks if working overhead.

### **Pushing/Pulling**

*If you have a choice between pushing or pulling, choose to push because pushing is more mechanically efficient*

1. Keep a slight bend in the elbows
2. Keep your back neutral, bend your knees to push
3. Push with the back foot first, followed by the front foot
4. Reposition your body as you push, don't let the load get far ahead of you
5. Plan your course of action
6. If you don't have a choice but to pull, use your legs and be careful not to pull from your back or your arms

## **Movement Variation**

*Add variation to your movements whenever possible. This variety will help make your nervous system more adaptable, can turn down your pain and help your movements be more fluid. Reach out to your care team for support with your specific situation.*

### **Variations to consider**

1. Experiment with different ways of sitting or using various chairs throughout the day. You can sit up straight for a while and then move to a stability ball. A little later use a different chair. Keep rotating positions throughout the day.
2. Try seated activities standing. If you spend a lot of time on a computer, elevate your monitor to switch to standing for a while. You can change your feet to a wide stance and then go back to normal to mix it up. Do all your Wellness Zoom classes standing up. We even have some patients we see on treadmills or exercise bikes during class.
3. Do mini workouts at commercial breaks while watching TV. You can also use cues like an alarm or a Fitbit to remind you to stand up and move around.
5. Put on some uplifting music and have your own private dance party. This is good for your body, mind and mood.
6. Buddy up with your roommate/partner/co-worker and remind each other in a friendly supportive way to keep moving.
7. Use a Post-it notes and tell yourself to take breaks.
8. When you make a phone call, take it outside and walk.
9. Keep your cell phone across the room so notifications help you move more.
10. Take a stroll during your lunch break to get some natural light and fresh air.
11. Take any opportunity to move and do things for yourself.
12. Sit in a slightly uncomfortable chair with no padding so you don't want to hang out there too long and then you're motivated to get up more often.

*Pick one or two of these and commit to doing it every single day. This is a call to action for you! Simple consistent steps are what will pay off and bring you the most benefit.*