

Activities of Daily Living
PRACTICED AS EXERCISE

1. **UNDERSTANDING YOUR BACK**
2. **POSTURE**
 - HIP/KNEE/FOOT ALIGNMENT
 - “CENTERING”
 - ISOMETRIC POSTURE CORRECTION
3. **WALKING ALIGNMENT**
4. **CHAIR RISE (EYES OPEN, EYES CLOSED)**
5. **CHIN PULLS (NECK POSTURE)**

PRACTICAL BODY MECHANICS

6. **HIP HINGE ACTIVITIES**
 - COUGHING
 - SITTING, STANDING
 - BENDING/LIFTING
 - BRUSH TEETH
 - GROCERIES
 - LAUNDRY, ETC
 - DISHWASHER
 - VACUUM, SWEEP, SHOVEL, RAKE, ETC
7. **IN/OUT OF BED**
 - SIT
 - SIDE-LYING - ARMS IN FRONT OF BODY
 - ROLL - KNEES, NOSE, & TOES ALWAYS POINTING THE SAME DIRECTION!
8. **GROUND LEVEL ACTIVITIES:**
 - UP & DOWN USING HALF KNEEL & CHAIR FOR SUPPORT
 - WASH FLOOR
 - GARDEN, ETC.