Spine-Safe Movement



For the first 3 months after a spine fracture



Bend at the hips, knees & ankles - not by rounding your back.
Buy a grabber tool for picking things up from the floor, or getting laundry from the bottom or back of a washer or dryer.



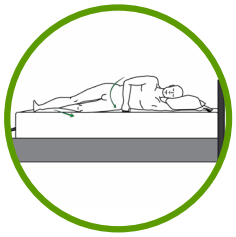




Use a bench or chair to tie shoes.



In the first 2-4 weeks after a spine fracture, avoid lifting. When you do resume lifting light loads, hold things close to the body, or divide the weight evenly across both hands.



When getting out of bed, roll like a log onto your side and use your arms to push yourself up.

After a spine fracture, the **risk of another fracture is high**

- Get help with chores requiring bending, lifting, carrying, or twisting. Examples include taking a turkey or roast out of the oven, carrying groceries, vacuuming, yard work, or taking out the garbage.
- Instead of lifting a pot to fill or drain it, use a measuring cup to fill or empty it in stages. Use a fork, tongs, or strainer to take spaghetti or other food out.
- Avoid lifting the mattress when making the bed. Bend at hips to tuck sheets.
- Use a toaster oven or microwave at counter level rather than oven.
- If it hurts to get in or out of bed or lie flat, try sleeping in a recliner for a few days, or lying with a pillow under your knees.
- Avoid the activities that caused the fracture(s) you had.

After the fracture heals, talk to your doctor or physical or occupational therapist about what is safe for you.

RIA Research Institute for Aging
Schlegel • UWaterloo • Conestoga
Enhancing Life
University of Waterloo