

LIVING

Based on the principles outlined earlier in this guide, consider modifying how you perform daily activities around your home.

- ✓ Stand on your left leg with your right foot ahead of your left and your left hip shifted back, as you reach forward with your left arm, whenever possible.
- ✓ Stay aware of your body alignment over your left hip and ankle as you reach forward with either your left arm or right arm.
- ✓ Keep your knees unlocked when reaching forward with your hands and arms.



For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living



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- ✓ Stand on your left leg with your right foot ahead of your left and your left hip shifted back.
- ✓ When putting on makeup, use a handheld or extendable mirror so that you do not have to move your head and neck towards the bathroom mirror.
- ✓ When driving, keep your left knee shifted back behind your right knee, and try not to let your left knee rest on the door. Try placing something like a soft child's pillow behind your right lower back to help position your left hip behind your right.
- ✓ Adjust the seat in the car to accommodate support for your lower back.



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✓ When playing with your children, consider these positions (in addition to the seated positions outlined earlier in this guide).



✓ When picking up toys or other items off the floor, consider these positions that empower the legs, ankles and arms.



✓ When bathing your children, consider kneeling with a towel under the left knee, short sitting on a stool, or fully squatting with support offered by good shoe heel counters.



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