

LIVING

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

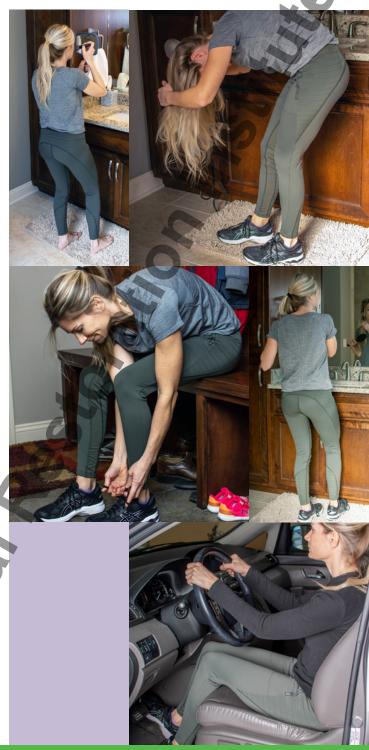
- ✓ Stand on your left leg with your right foot ahead of your left and your left hip shifted back, as you reach forward with your left arm, whenever possible.
- Stay aware of your body alignment over your left hip and ankle as you reach forward with either your left arm or right arm.
- Keep your knees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