

Your Daily Routine Workshop Guide

Starter Activity - Activities of Daily Living

In the space provided, write down a list of common activities that you do on an average day. These can be any activity, such as

- tying your shoes
- doing laundry
- gardening

We will review these lists later in the workshop.

Your Posture and Protecting Your Spine

With the person next to you discuss what it means to have proper posture by examining the following questions:

- What does having proper posture look like to you?
- What are the benefits of having proper posture?

Guidelines for Safe Movement

STABLE Acronym

S maintain your _____ in a neutral position

T avoid _____ twisting

A keep your _____ close to your body

B maintain a wide _____ of support

L use your _____

E _____ the load, environment, abilities and limitations.

Activities of Daily Living

Another great resource for other common daily activities can be found here:

<https://melioguide.com/health-guides/activities-of-daily-living/>

Examples of activities listed:

- raking leaves
- shovelling and weeding in the garden
- mowing your lawn
- shovelling the snow

The Do's and Don'ts of Safe Movement

The Do's of Safe Movement

- Always pay attention to proper posture
 - lift your breastbone
 - keep your head erect and look forward
 - keep your shoulders back and slightly “pinch” your shoulder blades
 - tighten your abdominal muscles and buttocks
- Whenever possible, walk or climb the stairs
 - when walking the stairs, use the handrail
- Always bend from the hips and knees, not from the waist

The Don'ts of Safe Movement

Don't...

- walk or exercise on slippery surfaces
- wear backless bedroom slippers or shoes with slippery soles
- slouch when standing, walking or sitting at a desk
- sit in a deep, cushioned chair or couch that causes you to sink into it
- move too quickly
- engage in sports or activities that require twisting the spine or bending forward from the waist before talking to your healthcare provider
 - for example - sit-ups, toe-touches or swinging a golf club
- force yourself to complete a task or exercise if you feel short of breath, are in pain or are fatigued
- take to your chair or bed for extended periods of time
 - inactivity is one of the worst things for osteoporosis

Cool-down Activity

Review your activity list from the starter activity at the beginning of the workshop. Identify for which activities you are already practicing safe movement techniques and for which some modifications are required

With the person next to you, discuss what changes you can make to some of the more common activities to ensure that you are practicing safe movement