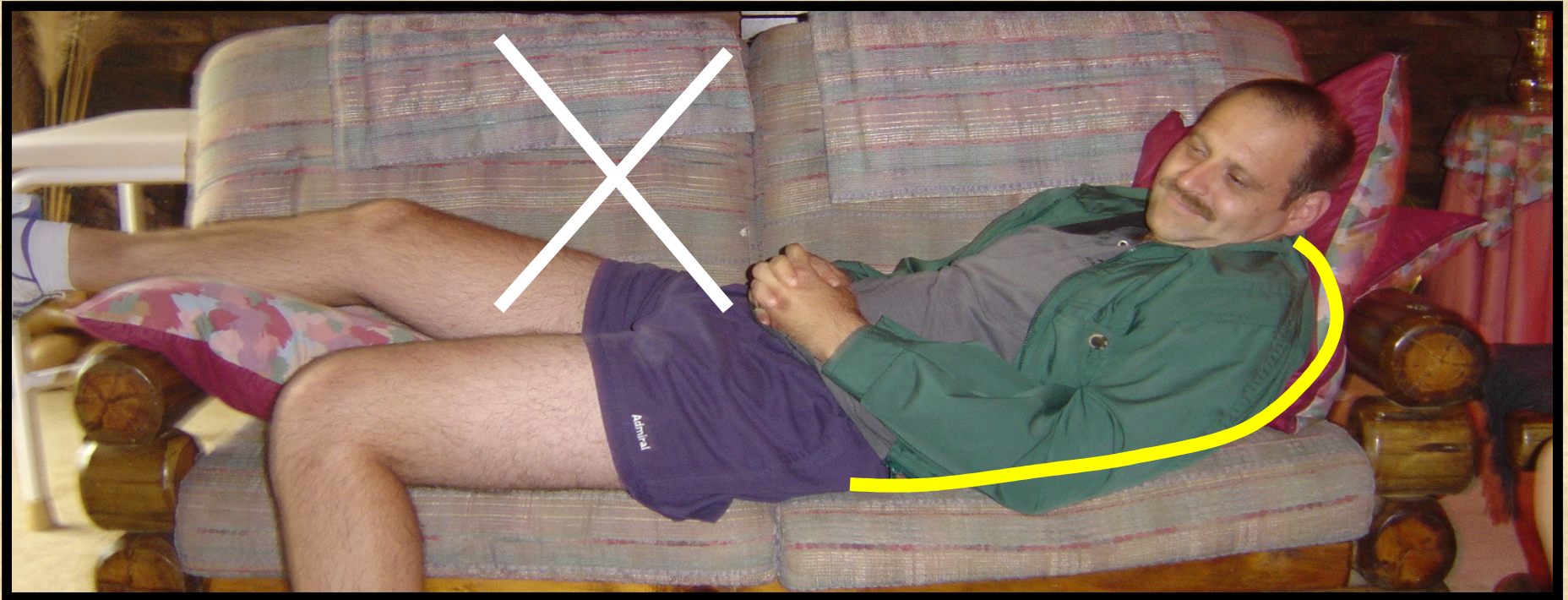


## Appendix 6

Power point presentation on basic back care

# Posture in front of TV















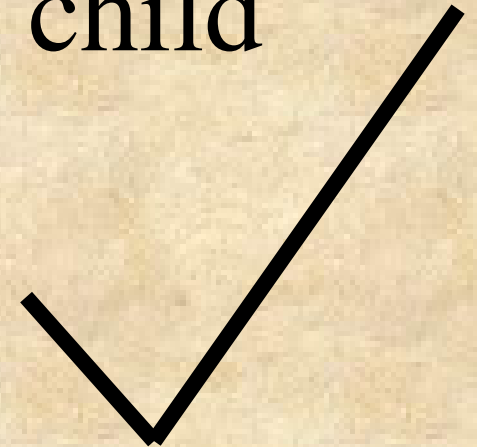
### Carrying and picking up children

The principles for picking up objects also apply when picking up children. Resist the temptation to simply lean over and lift. Instead, with your feet placed slightly apart, bend your knees into a squat that will bring you closer to the level of the child [A]. Wrap one arm around the child's body and use the other arm to support him or her from underneath [B]. Slowly straighten into a standing position [C], keeping your abdominal stabilizers contracted throughout.

Carrying your child in this manner is acceptable for short periods, for example, if you want to take the child indoors or to bed. However, carrying children for extended



# Lifting a child



■ Fehrsen-du Toit, R; *The Good Back Book*, New Holland Publishers, 2002

# When to go to the doctor or physio?

- Severe pain not resolved after 2 days of self-management
- Numbness, P&N's and/or weakness in legs or arms
- Difficulty passing/controlling urine
- Unsteadiness on feet/clumsy hands
- Dizziness
- Frequent; recurring attacks
- Traumatic Injury d.t. a fall/accident





## To exercise or not to exercise?

