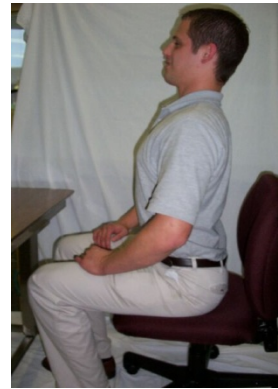


Postural Positioning Program
Functional Ergonomic Exercise
Husker Rehabilitation and Wellness Centers, P.C.

1) Seated

- Left Knee Behind the right with pelvic scissor
- Roll pelvic girdle into chair as in the 90-90 exercise
- Feet well supported with arms in proper alignment for work surface



Correct

Incorrect

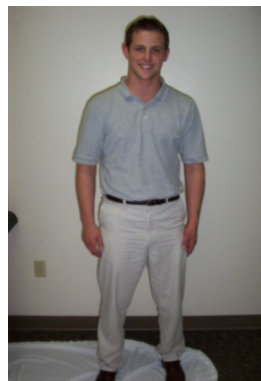
2) Driving a vehicle

- Scissor left knee behind the right
- Keep left thigh from hitting door panel by internally rotating your femur



3) Standing

- Right foot slightly ahead of left with slight bend in the right knee
- Rotate belly button, zipper, pelvic girdle slightly to the left



4) Sit to Stand

- Scissor left knee behind the right and use left leg to stand
- Once standing, assume the position in #3



5) Left Sidelying

- Pillow between knees
- Scissor left knee behind the right knee as in scissor slide exercise



6) Right Sidelying

- Pillow Between ankles/lower leg
- Scissor left knee behind the right knee as in scissor slide exercise

