



# B.E.S.T. PHYSICAL THERAPY NEWS

*BEST Physical Therapy is proud to announce a FREE lecture by Dr. Kier Ecklund, MD.*

*On August, 11, 2009 at 6:30pm at our Cupertino office, Dr. Ecklund will be speaking on shoulder injuries, prevention and treatment.*

*And stay tuned in September, as Dr. Christian Fulmar, D.O. will be speaking on an orthopedic topic TBA.*



### General Tips to Prevent Back Problems:

1. Maintain an ideal body weight. This reduces the load on your lower back.
2. Practice good posture and body mechanics as shown in this newsletter
3. Sleeping positions that support your lower back include using a pillow between your knees when on your side, or a pillow beneath your bent knees when lying on your back
4. Adjust your car seat close enough so you are not reaching for the steering wheel and your knees are bent for easy access to the pedals.
5. Exercise regularly

### **BE KIND TO YOUR BACK!**

One of the best ways to prevent back pain is to follow good body mechanics while lifting. Therefore we at BEST would like to show our clients the optimal method of lifting an object from the floor for longer lasting back health:

1. Keep a wide base of support. Your feet should be shoulder-width apart with one foot slightly ahead of the other
2. Squat down bending at the hips and knees and bring the load close to your torso. If necessary, put one knee to the floor and the other foot in front of you (half kneeling)
3. Maintain good posture. Look straight ahead and keep your back straight, chest out and shoulders back .
4. Slowly lift by straightening your hips and knees (not your back), pushing through your heels, and don't twist as you lift.
5. Hold the load as close to your body as possible near your belly button.



Looking for a good way to strengthen your "core muscles"? B.E.S.T. P.T. offers the B.E.S.T. Core Class with professional supervision every Tuesday/ Thursday in our Cupertino office from 7:15 to 8:15 AM. Our Cupertino office will also be offering an evening "B.E.S.T. Core Class", starting August 4, every Tuesday and Thursday from 5:45 to 6:45 PM. Contact us to reserve your spot now!

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