

Postural Restoration Positions

STANDING: DO'S

- ✓ Shift back over your left hip and place your weight through your left heel.
- ✓ Reach with your left hand while shifted over your left hip.
- ✓ Climb stairs backwards leading with your left leg and shifting back and over your left hip before advancing up the next stair.
- ✓ Hold kids on your left or right hip while staying shifted over your left hip.
- ✓ Do laundry while shifted over your left hip, left arm forward, right arm back.

DONT'S

- ✗ Allow your left hip to shift to the side.
- ✗ Arch your back.
- ✗ Shift over your right hip or hold kids always on the same hip.



SITTING: DO'S

- ✓ Place a block under your feet to align your hips and knees.
- ✓ Shift your left hip back so that your left knee is behind your right.
- ✓ Feel your left inner thigh muscle.
- ✓ Feel your left hamstrings.

DONT'S

- ✗ Cross your left leg over your right.
- ✗ Arch or extend your back.
- ✗ Extend your neck.
- ✗ Allow knees to drop below hip level.



SLEEPING: DO'S

Left Sidelying

- ✓ Place a pillow between your knees and under your waist.
- ✓ Use pillows under your head so that your neck is slightly bent to the right.
- ✓ Shift your right hip forward so that your right knee is in front of your left.



Right Sidelying

- ✓ Place a pillow between your ankles.
- ✓ Use pillows under your head so that your head and neck are in-line.
- ✓ Shift your left hip back so that your left knee is behind your right.

