JANURARY 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Body Mechanics!**
- Reach out to **Erika** for more information

Body Mechanics

Protect Your Body: Use Proper Body Mechanics

Good body mechanics help improve safety, independence, comfort & confidence in daily activities!

Physical Therapy (PT):

- Bend at your hips & knees, not your back
- Keep objects close to your body when lifting or reaching
- Avoid twisting- turn your whole body instead
- Maintain good posture when standing or walking

Occupational Therapy (OT):

- Set up your space to avoid unnecessary bending or reaching
- Use adaptive equipment when recommended
- Take breaks during tasks to avoid strain
- Sit with feet flat on the floor and back supported during activities

Speech Therapy (ST):

- Sit upright with head & shoulders aligned during meals
- Proper posture supports safe swallowing & clear speech
- Avoid slouching when eating, drinking, or speaking
- Take small bites & sips while maintaining good positioning

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email providenceplaceop@trinityrehab.net **and we'll be in touch.**