

Sleeping

1. Keeping a pillow under your knees while sleeping gives you a natural position. The bed should not be too soft. The mattress should be a little firm though it is not advisable to sleep on a floormat. Do not use worn out old cotton-bed.



2. Always use a pillow while sleeping. It supports your neck. If you don't want to use a pillow, use neck support. Pillow should not be too thin or too thick. The thickness of the pillow should be equal to the breadth of your shoulder. Your neck should remain straight while your head rests on the pillow. Keep your knees slightly flexed while lying on one side. If you keep a pillow between your knees while lying on the side helps to keep your waist straight.



3. Holding your knees near the chest (knee-chest position) is not advisable. Never lie on your belly. Keeping one leg straight and having another near your belly also bends your back. Raise the leg-end of your bed to get rid of your habit of sleeping on your belly.



4. Turn on one side while getting out of bed.

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Modern Management of Arthritis

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Proper Posture

Standing up

When you are standing up straight, your ears, shoulders, hips, and ankles should be in a straight line. Keep your head straight. Chin should be parallel to the ground. Both hips and shoulders should be at the same level. Keep your back and knees straight. Bring your chest and low back little forwards to make them straight. Ensure that both your legs carry equal weight.



Below are the instructions for carrying out your day-to-day activities with an appropriate posture.

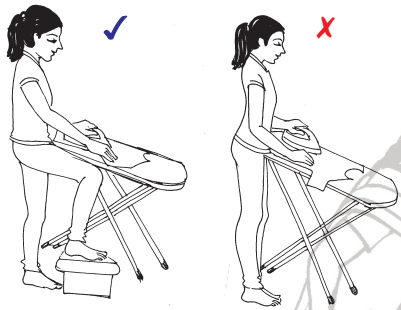
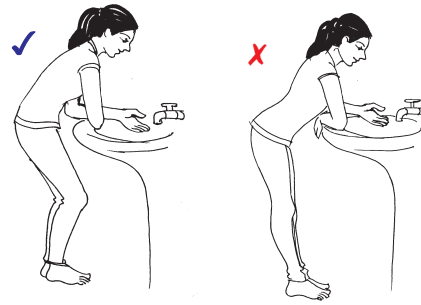
1) **Lifting any object** (bucket, bag, child, grocery, weight, etc.) from the ground by bending at the waist with straight knees is wrong. Instead, sit down with some distance between your legs, keep your back straight, and bend your knees and hips.



2) **Lifting heavy objects** - Keep the object as close to your body as possible if it is heavy. Keeping heavy objects away from your body strains your lower back. Use your back instead of your hands to push heavy things (furniture, car, etc.).



3) Do not bend for a long time while sweeping the floor, ironing clothes, or washing hands at the washbasin. Instead, use a long handle broom or clean in a sitting position to avoid strain on your waist. Bend at knees and keep your back straight while washing hands at the washbasin.



4) Keep a small stool under one of your feet if you are standing for ironing or cooking for a long time.

5) Always walk with a straight back. Always use suitable footwear. Avoid high heels. Do not use worn-out footwear.

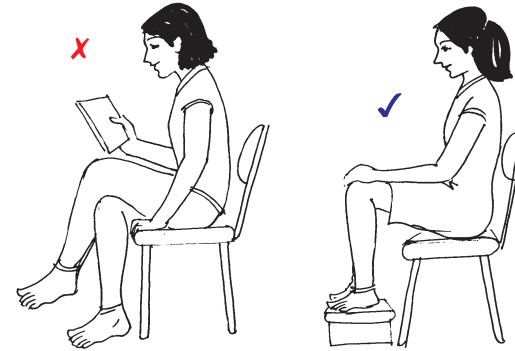
Heels of all footwear should be the same if you are using more than one.

Sitting on a chair

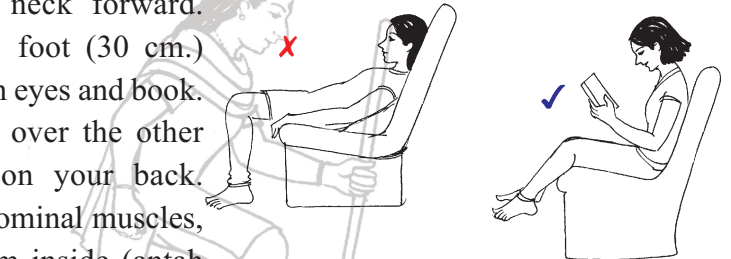
Keep your knees at 90 degrees while sitting on a chair. The height of the chair should be such that your legs rest on the floor. Hips, too, should be placed at 90 degrees. The waist should touch the back of the chair. Keep a small pillow behind your waist if it does not reach the back of the chair. Keep your back straight. Maintain your shoulders at the same level. Your neck must remain straight without bending forward. Back curvature after prolonged sitting can be avoided by placing one thigh over another or using a small footrest. While working on a table, keep the chair as near to the table as possible. While working on a computer, the screen and eyes should be at the same level. Go for an intermittent short walk if you have to sit for a prolonged period.



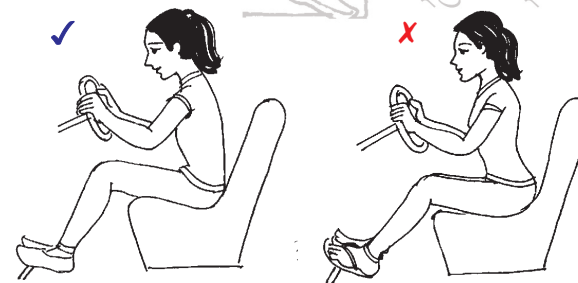
1. Always sit straight. Your neck and back should be in the same line. Bend at your hips rather than at your back if you want to bend forwards. It is not advisable to read, watch TV or entangle in conversation by rolling around on the floor. It strains muscles of your neck and shoulder. Always keep your TV set a little above your eye level.



2. Do not keep your legs in a hanging position while sitting on a chair. Do not bend your neck forward. Keep at least 1 foot (30 cm.) distance between eyes and book. Putting one lap over the other reduces strain on your back. Contracting abdominal muscles, i.e., pulling them inside (antah kumbhak in Yoga), also reduces your back strain.



3. Sit straight while driving (scooter, motorcycle, autorickshaw, car, or heavy vehicles). Use a seatbelt while driving a four-wheeler. Keep the seat near the pedals so that you can easily press the brake or clutch. A faraway seat bends your back and leads to pain. The seat-back should always be straight.



4. Do not use a chair or sofa that is too soft. Keep your foot on a stair or stool while wearing socks.