

# Body Mechanics

The basics behind being able to care for your back!

# State your audience!

- This topic area can be adapted to many different groups

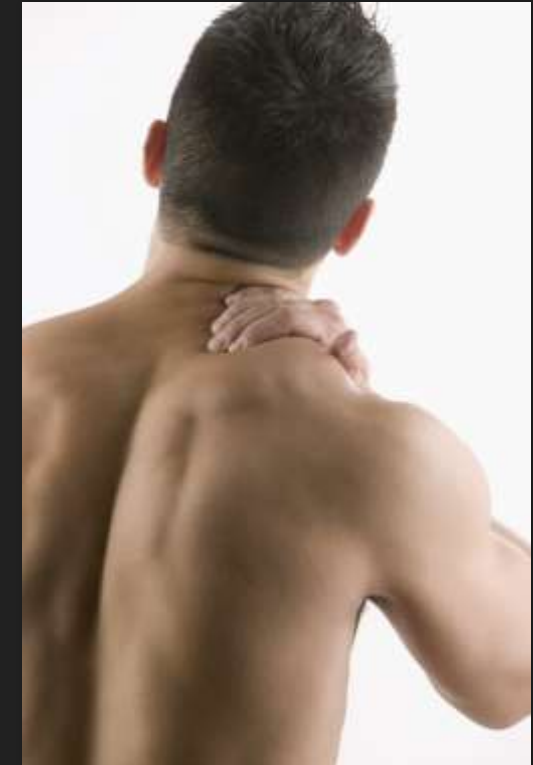
# Objectives:

- At the conclusion of this presentation, the participant will be able to successfully:
  - Describe at least 3 daily activities that can be modified to help prevent potential back injury for someone who has no current pathology related to his or her back
  - Describe the importance of maintaining a stable base of support and keeping anything that is carried within that base to prevent potential increased stress on the back
  - Etc.

# Plan

- What will you and your group be doing to help teach this to your audience?

# The Demonstration!



# Provide time for:

- Practice
- Answering questions
- Participants to complete your surveys

# References

**Thank your audience!**





