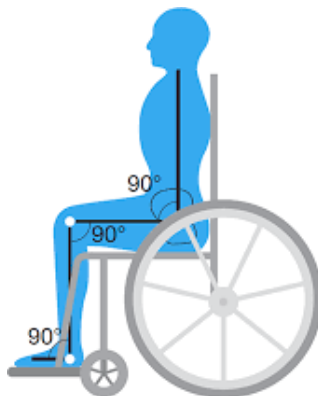

In the case of being upside down can use a thin pillow and ensure that the cervical and dorsal column keeps that same angle to the stand. Waking up is good to stretch to adapt our muscle tone to the activity. To lift us we must Flex the knees and turn the trunk to incorporate us side. Mattress and pillow features influence the positions adopted when these lying down. The mattress must be firm and straight, in such a way that it fits the curvature of his spine. Regarding the use of the pillow, take into account that we will use it to accommodate our body and prevent muscle strain.

Sitting position

Both for the activities of everyday life how sporting keep sitting posture / a must maintain an upright posture, although it must be dynamic and allow the functionality of joints, the backing of the same secure the back respecting normal curvatures.



Good posture provides stability, comfort and distributes the pressure to areas of lower risk of producing scars, in addition to influencing the effective propulsion of the wheelchair. You should avoid partial turns, the correct way to do is to turn the whole body at the same time and perform movements when you hold this position for a long time.

Working with a computer

The screen should place it at a safe distance and at its height, placing the keyboard to be low so as not to lift the shoulders and allow the forearms to rest on the table. The wrist

and forearms should be straight and aligned with the keyboard; you could use a palm rest.



Driving

You must position the seat in such a way that you can reach the pedals without having to stretch your legs, and rest on the backrest. The knees should be at or above hip level.



Lifting objects

The objects should be placed at the height of the chest, with the elbows flexed to ensure this as close to the body as possible. Avoid doing overuse lifting objects inappropriately.

These are general recommendations, since depending on the type of injury and level of injury in the case of spinal cord injuries could condition some postures.

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