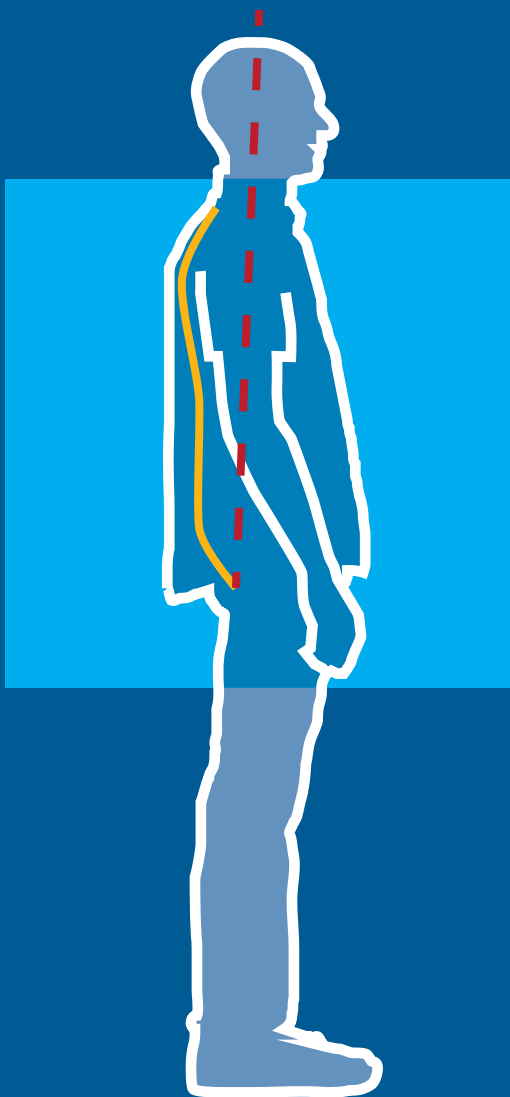


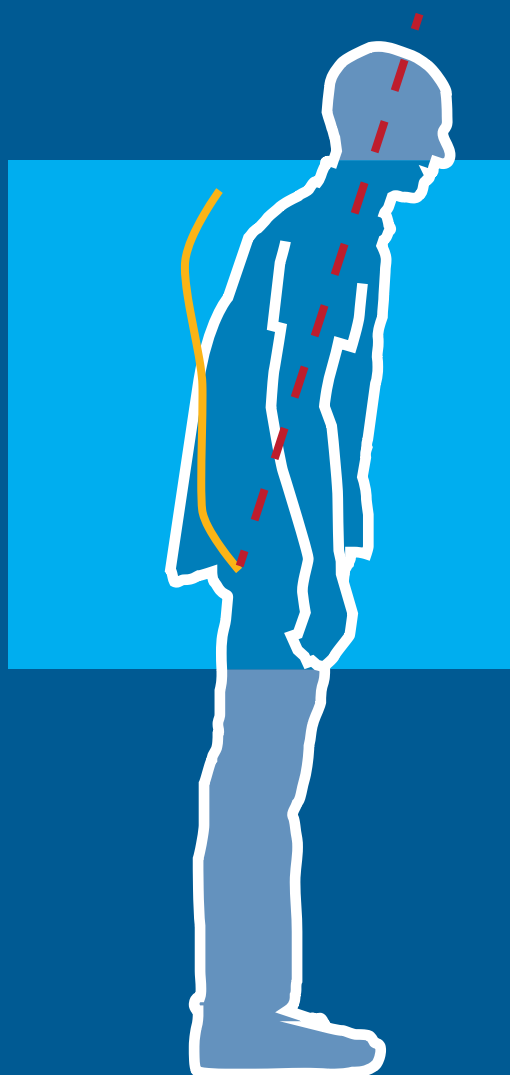
# Maintain a Neutral Spine

Keep neck and shoulders relaxed, slightly tuck chin inward and shift pelvis forward to allow hips to align with ankles while keeping core engaged. Avoid twisting and bending movements that could put pressure on spinal discs.

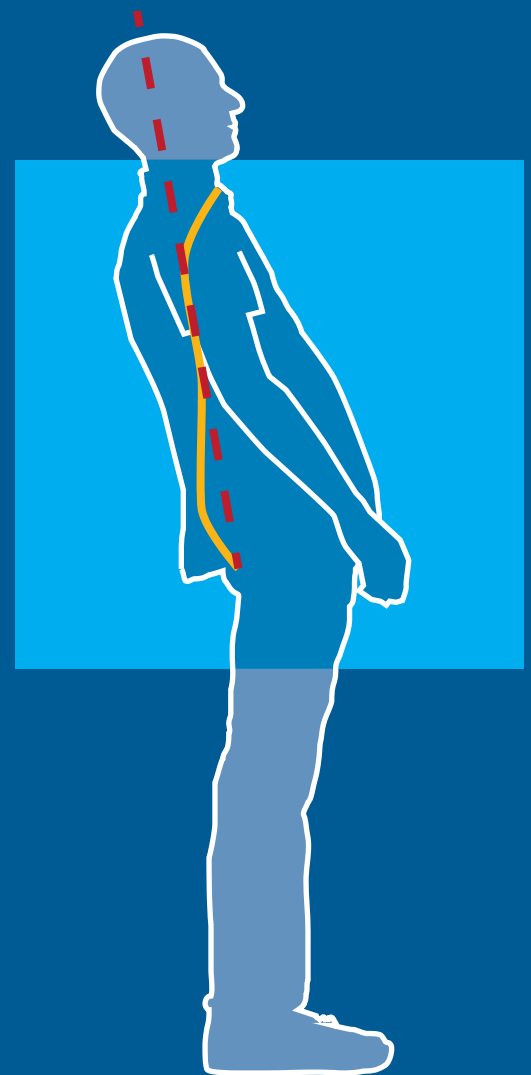
## Neutral



## Awkward Posture



Back Flexion



Back Extension

When standing for long periods of time, be aware of aches and pains. To reduce discomfort and fatigue, maintain a neutral spine, periodically switch positions and remember to take time to rest and stretch.



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