Postural Restoration Positions

**STANDING: DO’s**
- Shift back over your left hip and place your weight through your left heel.
- Reach with your left hand while shifted over your left hip.
- Climb stairs backwards leading with your left leg and shifting back and over your left hip before advancing up the next stair.
- Hold kids on your left or right hip while staying shifted over your left hip.
- Do laundry while shifted over your left hip, left arm forward, right arm back.

**DON’T’s**
- Allow your left hip to shift to the side.
- Arch your back.
- Shift over your right hip or hold kids always on the same hip.

**SITTING: DO’s**
- Place a block under your feet to align your hips and knees.
- Shift your left hip back so that your left knee is behind your right.
- Feel your left inner thigh muscle.
- Feel your left hamstrings.

**DON’T’s**
- Cross your left leg over your right.
- Arch or extend your back.
- Extend your neck.
- Allow knees to drop below hip level.

**SLEEPING: DO’s**

**Left Sidelying**
- Place a pillow between your knees and under your waist.
- Use pillows under your head so that your neck is slightly bent to the right.
- Shift your right hip forward so that your right knee is in front of your left.

**Right Sidelying**
- Place a pillow between your ankles.
- Use pillows under your head so that your head and neck are in-line.
- Shift your left hip back so that your left knee is behind your right.

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