

Abdominal Precautions

- No bending at stomach
- No lifting or pushing more than 5-10 pounds
- No twisting at stomach
- Logroll to get in and out of bed
- Adhere to precautions for 6 weeks or until cleared by your physician

How Your Precautions Affect Your Everyday Activities:

Dressing

- Complete dressing while seated for safety
- Use cross-legged technique to don pants/socks/shoes (bring opposite leg over opposite knee)
- Put underwear and pants both on, then stand up and pull both up over hips together
- Use adaptive equipment to assist with lower body dressing

Showering/Hygiene/Grooming

- Set up environment (soap & shampoo in one spot at or higher than waist level) to avoid bending, lifting, or twisting
- Use a shower chair and a long-handled sponge to be able to safely wash your legs and prevent falls
- No bending at waist to shave legs while standing
- It may be easiest to complete wiping while standing

Cooking/Grocery Shopping

- No bending down into bottom cabinets, fridge, or pantry. Have family move regularly used items up to waist height
- No lifting, pushing, or pulling more than 1 gallon of milk (8 pounds)
- No carrying grocery bags more than 10 pounds
- No lifting multiple items (i.e. dishes, pots, pans) at one time

Other

- No vacuuming
- No lifting small children or pets
- No bending to load dishwasher
- No carrying laundry basket
- No bending to scrub floor or tub
- No bending or twisting to put on seatbelt
- Remember, if you are carrying something close to your body that weighs 10 pounds, it will weigh more than 10 pounds if held farther away from your body

