Safe Movement Tips after Your Spine Fracture has Healed



Once your spine fracture has healed (after approximately three months), you may still need to modify some activities. You might also need to avoid or modify the type of activity that caused your fracture.

Activity	Safety Tips
Bending to pick up an object.	Bend with your knees and hips, not the spine, or use a grabber tool. 
Rotating or twisting the spine when you get out of a car.	Step out of the car with your feet and torso facing the same direction. Use the roof handle or your hands for support.
Standing on an unstable footstool, chair, or ladder.	Use a wide step stool or ladder with non-slip grips on its steps and feet. 
Lifting heavy items to high or low places, such as the oven or overhead cupboards.	Store things at waist height. Get help with heavy items. Hold objects close to the body. For high shelves, use a sturdy step stool.
Lowering bags to and from overhead storage areas on a plane.	Ask someone to do it for you or check your bags. If you must, lower the bag to/from your seat, hold it close to the body, and step to turn when moving it to/from the floor.
Lifting or moving furniture.	Get someone else to do it.
Sweeping, raking, or vacuuming.	Feet and trunk should face the same direction. Bend leading knee and hips instead of bending or twisting spine as you pull vacuum or broom toward you. Be mindful to not trip over vacuum parts.
Walking or stepping onto wet floors, pool decks, or icy or slippery ground.	Wear shoes or slippers with good traction. Walk slowly and check the floor/ground. Take a test step before you walk.
Chores, snow shoveling, and yard work that involve heavy lifting or bending and twisting while carrying loads.	Get someone else to do it if you can. Bend at hips and knees, carry loads close to the body.
Twisting or bending and lifting when you make your bed.	Bend with your knees and hips, not the spine. Stand close to the bed. Avoid lifting the mattress.
Getting out of bed.	When getting out of bed, roll your whole body (like a log) onto your side and use your arms to push yourself up.

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