

While standing for long periods of time, do not lock	10
your knees. Instead, release them just enough to relax	20
your whole spine. If possible, put a foot on something	30
like a footstool, low box, or a telephone book. This will	40
elevate your knee and avoid back stress.	48
While seated at your desk, try not to sit with your	58
legs straight out. Instead, bend your knees slightly to	68
provide some solid support for your back.	

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