Body Mechanics - Guidelines for Effective Body Mechanics

Guidelines for Effective Body Mechanics	You Know You Are Doing It Right If…
1. Use a low table.	The height of the table falls somewhere between the top of your knee and the tips of your fingers when standing.
2. Stay as vertical and balanced as possible.	Your knees are flexed and you are looking up at the crease where the wall meets the ceiling.
3. Align your trunk with the line of force.	Your nose, navel, and toes are all pointed in the same direction.
4. Create a stable base with your feet and push off.	Your feet are staggered, pointed in the same direction and aligned with the line of force.
5. Look up, not down.	The walls and ceiling are in your line of sight more than the floor.
6. Stack your joints.	Your wrist, elbow and shoulder are in a straight line.
7. Generate force from larger, stronger muscles.	You feel centered and balanced over your leg muscles, and you do not feel fatigue or muscle tightness in your arm and hand muscles.
8. Work perpendicular to the contours.	You change the direction of your application of pressure so that it is as close to 90 degrees into the client's body.
9. Choose a larger contact area.	You use your forearms or your two hands together to perform a stroke.
10. Use alternate methods and tools.	You vary the strokes you use within each session.

© 2017 American Massage Therapy Association. All rights reserved.