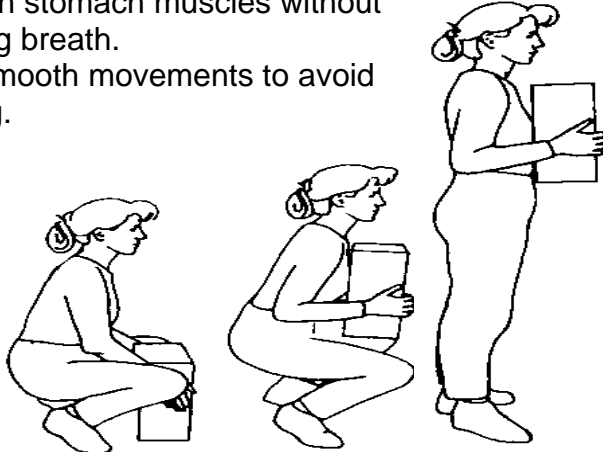




Lifting with Deep Squat

1. Squat and lift with both arms held against upper trunk.
2. Tighten stomach muscles without holding breath.
3. Use smooth movements to avoid jerking.



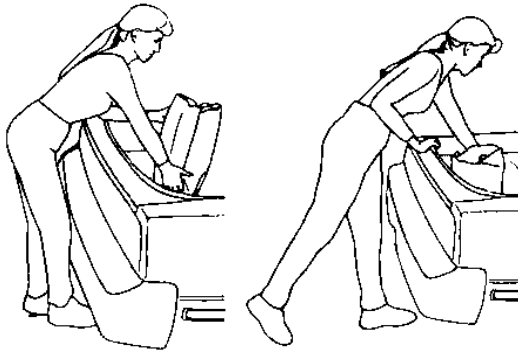
Lifting with One Knee on Ground

1. Slide object up one thigh.
2. Hold close at waist level with both hands before standing up.



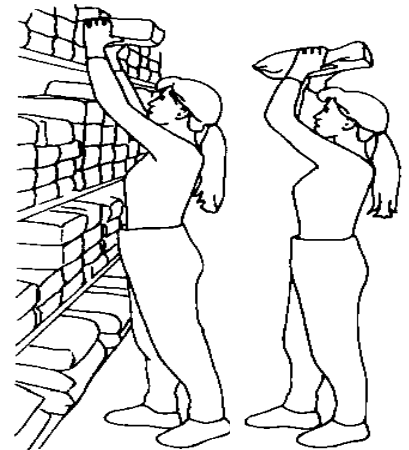
Reaching Down with a Heavy Load

1. Maintain curve of lower back when reaching into a deep trunk.
2. You can also lift opposite leg backward to keep back straight, while using other hand for support.



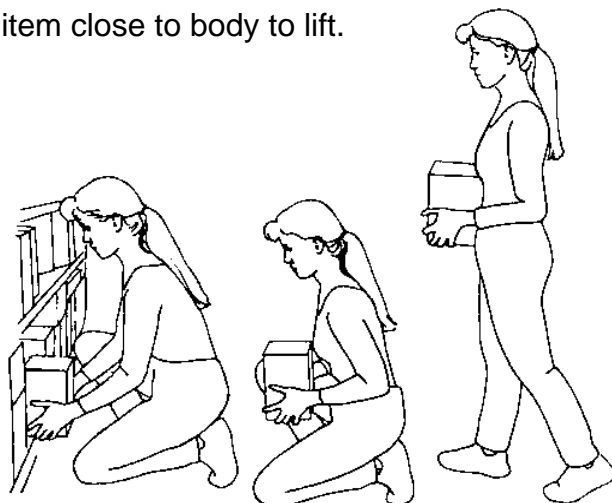
Reaching Up with a Heavy Load

1. Shift weight from front foot to back foot at item is lifted off shelf.



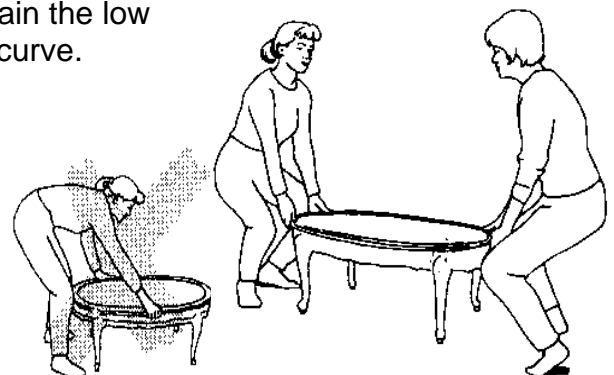
Lifting From Low Shelf

1. Squat down.
2. Bring item close to body to lift.



Ask For Help With Large Objects

1. Ask for help and delegate to others when possible.
2. Coordinate your movements when lifting together.
3. Maintain the low back curve.





HELPFUL HINTS FOR LOW BACK PAIN



LIFTING ADVICE:

- ◆ Never lift with your legs straight.
- ◆ Do not lift from a bending forward position. Do not lift heavy objects from a car trunk.
- ◆ Do not reach over furniture to open and close windows.
- ◆ Avoid sudden movements. Learn to move deliberately.
- ◆ Avoid carrying unbalanced loads. Emphasize symmetry by avoiding simultaneous forward bending and twisting.
- ◆ To turn with a load, pivot your feet turning your whole body at one time. Do not twist to set an object down.
- ◆ When two or more persons plan to lift something, they should decide in advance what each is going to do, so one of them does not get caught with a sudden, unexpected load.
- ◆ When lifting, use the large muscles of the legs—not the back. This rule should apply regardless of the weight of the object being lifted.

APPROPRIATE LIFTING SEQUENCE:

GET A FIRM FOOTING.

Keep your feet apart for a stable base, with toes pointed out.

LIFT WITH YOUR LEGS.

Let your powerful leg muscles do the work of lifting, not your weaker back muscles.

BEND YOUR KNEES.

Do not bend at the waist. Keep the principles of leverage in mind at all times. Do not do more work than you have to.

KEEP LOAD CLOSE.

Do not hold the load away from your body. The closer it is to your spine, the less force it exerts on your back.

TIGHTEN THE STOMACH MUSCLES.

Abdominal muscles support your spine when you lift, off-setting the force of the load. Train muscle groups to work together.

KEEP YOUR BACK STRAIGHT.

Whether lifting or putting down a load, do not add the weight of your body to the load. Avoid twisting—it can cause injury.

ACTIVITY ADVICE:

- ◆ A little exercise every day is far better than a whole lot on the weekend.
- ◆ Before working in the yard or garden, remember to warm-up.
- ◆ To warm-up, swing the tool you plan to use (rake, hoe, axe, etc.) lazily back and forth around your head and shoulders in different positions, gradually working up to the full range of motion and effort needed for the job.
- ◆ Wear protective clothing to keep your perspiring body from getting chilled, except on very warm days. Allow a gradual cool-down following heavy activity. Do not cool-down in a position of poor posture.

MISCELLANEOUS ADVICE:

- ◆ Do not make beds or run the vacuum cleaner when your back is bothering you.
- ◆ Moist heat therapy can be very soothing and relaxing to an aching back. Acute muscular pain from muscle spasm may respond better to some form of cool therapy.