

PROPER LIFTING TIPS

DID YOU KNOW...

Approximately 80% of Canadians will experience **BACK PAIN** at some point in their lives. The main cause is improperly lifting a heavy object. This brings many patients into our clinic with sudden lower back and leg pain. Here are some helpful tips to help you prevent a lower back injury.

- Don't over-pack your boxes – keep the weight to a minimum. Test the weight of the object by pushing it with your foot. If it is very difficult to push it is likely that the object is more than your muscles can handle
- Stand close to the load to be lifted with your feet shoulder width apart
- Keep your low back neutral and maintain its natural curve
- Face the object you are lifting and avoid twisting - twisting and bending is the most common motion to create a low back injury
- Squat down to the object's level - bend at the knees and hips, not at the back
- Tighten your stomach muscles to help hold your back in position and create a “corset” of support for your spine
- Use the strength of your leg and arm muscles to slowly lift the load- think about pushing the weight through your heels into the floor to use your buttock and leg muscles to lift the load rather than your low back.
- Pivot with your feet to turn and face the intended direction of travel
- Bend your knees and slowly lower the load to its intended place
- Do not lift heavy objects above your waist
- If you have a lot of lifting to do during the day, alternate lifting tasks with lighter work to give your body a chance to recover.

If you have any questions or to schedule an appointment with Dr. Michelle Carruthers email her at Bristol@mississaugawellness.com or call Mississauga Wellness: 905-501-0035

60 Bristol Road East, unit 4, Mississauga, ON, L4Z 3K8
www.mississaugawellness.com



