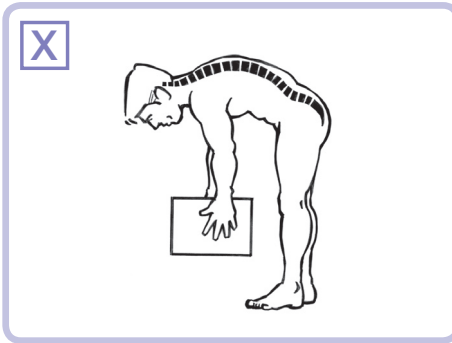


BIRDWELL CLINIC PHYSIOTHERAPY

Diane Ouzman MSc MCSP Linda McLaren BSc MCSP

LIFTING CORRECTLY TO PREVENT BACK PAIN

Find the neutral position of your spine (SEE POSTURE AND YOUR BACK ADVICE SHEET)



Bend over from your hips and knees but with your spine in a neutral position

Avoid twisting from the spine as you lift. Move your legs to face squarely the object you are lifting.

Avoid twisting your spine as you put the object down.

Hold whatever you are lifting close to your body to reduce the strain on your spine. Try not to lift with your arms fully extended.

By bending from your hips and knees you will be using the powerful leg muscles to lift which will reduce the strain on the spine.

With this lift you do not have to squat right down to lift from the floor. Your leg muscles will be at their strongest when you bend your hips and knees to 90 degrees.

Keep a diagonal stance with one foot ahead and one behind but wide apart to give you a strong, balanced base of support.

If you are lifting with another person make sure you coordinate your movements.

Repetitive Movements

Back pain often results from repetitive twisting movements of the spine in a bent position such as hoovering, gardening and sweeping. Back pain can also be caused by sustained flexed positions of the spine such as cutting hedges, pruning or DIY.

Remember:

Keep the spine neutral and bend from your hips and knees

Avoid constant twisting movements of the spine

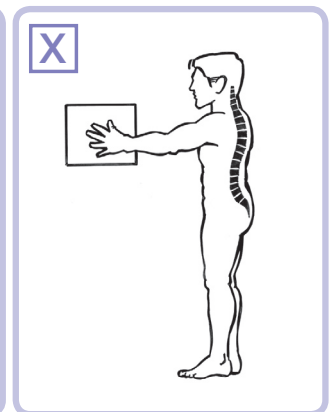
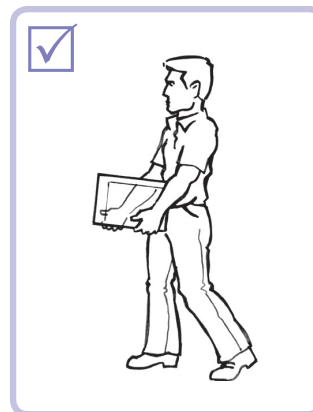
For hoovering and sweeping try to use your legs in a lunging action rather than putting all the effort through your arms.

If you are up a ladder move the ladder along rather than reaching sideways.

Do not work for long periods with your arms above head height.

Avoid staying in one position for too long

Avoid working with your arms outstretched for long periods, especially if you have a weight in your hands such as a hedge trimmer. Keep your arms close in so the weight is close to your body. (See right)



Call us now on
01275 393149

Birdwell Clinic
33 Weston Rd, Long Ashton,
Bristol, BS41 9AA
www.birdwellphysio.co.uk