

HOW TO LIFT PROPERLY

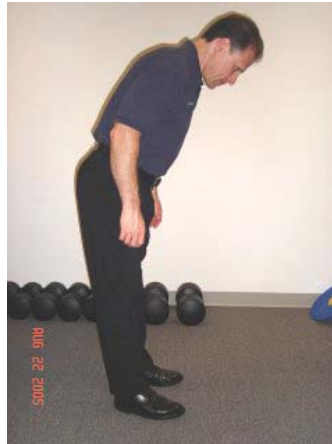
Silver Spring Chiropractors Dr. Steven Horwitz and Dr. Paul Glodzik recommend the following techniques to prevent lower back injuries! Visit us at Maryland Sports Injury Center for more injury prevention ideas.

Bend at the HIPS, NOT the waist.

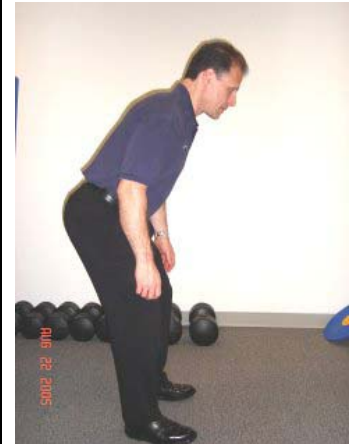
- Sit back as if you are going to sit in a chair behind you.
- Allow your knees to bend as you bring your hips backward.

Why? Bending at the waist dramatically increases the stress on the spine and discs.

NO



YES



Keep the object as close to you as possible.

- Squeeze your shoulder blades together when holding the object.

Why? The larger the distance between the object and your body, the greater the stress on your spine and discs.

NO



YES



Brace your abdominal muscles BEFORE you lift the object.

- Contract the abdominal muscles (like you are about to get punched in your gut).
- Contract the buttock muscles (as if you are holding in a bowel movement).

Why? When activated, the abdominal, flank and lower back muscles work together to protect and stabilize the spine.

