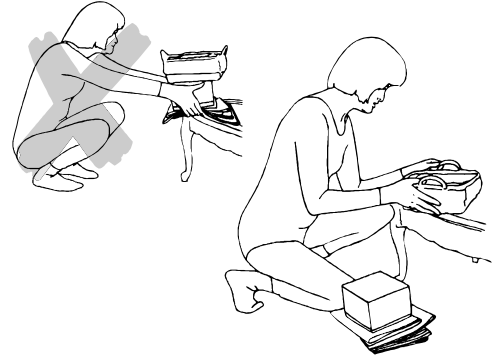




LIFTING 101
Lifting Principles

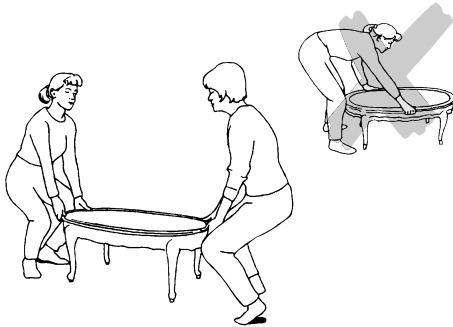
- Maintain proper posture and head alignment.
- Slide object as close as possible before lifting.
- Move obstacles out of the way.
- Test before lifting; ask for help if too heavy.
- Tighten stomach muscles without holding breath.
- Use smooth movements; do not jerk.
- Use legs to do the work, and pivot with feet.
- Distribute the work load symmetrically and close to the center of trunk.
- Push instead of pull whenever possible.

LIFTING - 1
Reducing Load



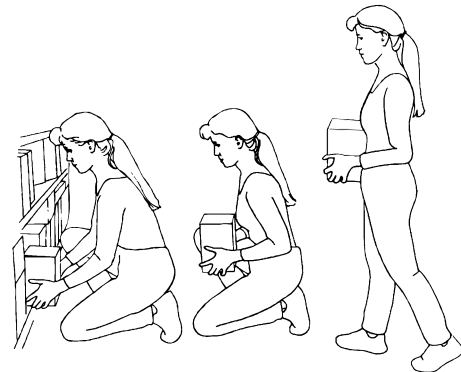
Move heavy items one at a time,
or move portions of the contents.

LIFTING - 2
Ask For Help



Ask for help and delegate to others when possible.
Coordinate your movements when lifting together,
and maintain the low back curve.

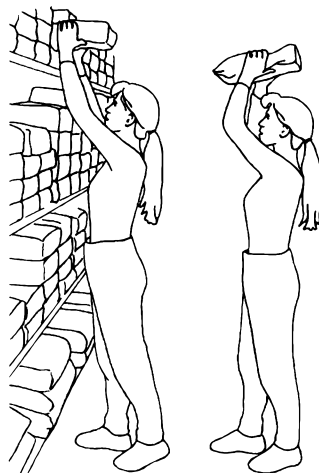
LIFTING - 3
Low Shelf



Squat down, and bring item close to lift.

LIFTING - 4
Overhead

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



LIFTING - 5
Cart

When reaching into
cart with one arm,
lift opposite leg to
keep back straight.





LIFTING - 6
Carrying Luggage

Distribute weight evenly on both sides. Use a cart whenever possible. Do not twist trunk. Move body as a unit.



LIFTING - 7
Car Trunk - Unloading

Place one foot on bumper to slide items close before lifting.



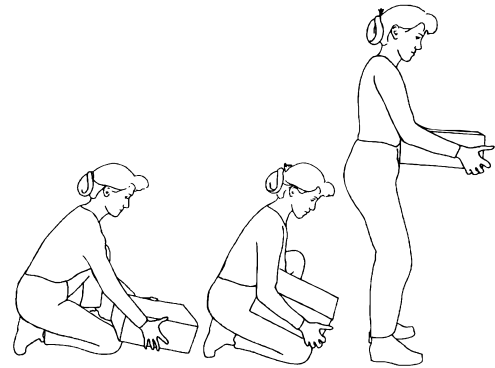
LIFTING - 8
Car Trunk - Reaching Down

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



LIFTING - 9
One Knee

Slide object up one thigh, and hold close at waist level with both hands before standing up.



LIFTING - 10
Deep Squat

Squat and lift with both arms held against upper trunk. Tighten stomach muscles without holding breath.

Use smooth movements to avoid jerking.



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

Created By: Sachin Desai, PT
E-Mail: info@familycarepluspt.com
Phone: (810)743-7950