

ACTIVITIES THAT INVOLVE LOW OBJECTS:

We often have to perform activities that involve picking something off the floor or getting something out of a low space. The easiest and most common method of doing this is bending down with little involvement of the legs, which places increased stress on back structures. With education on techniques to stabilize the spine and proper body mechanics, we can minimize injury and maximize ability.

Picking an object off the floor (golfer style)

Guidelines:

- Stand approximately 12” from object
- Tighten abdominals, start to bend knee on your stronger/dominant leg
- Slowly lean forward toward object with your trunk and arm while your other leg rises in the air to counter the weight, reaching for object with your hand
- Once you have the item, keeping abdominals engaged, tighten glutes on your stance leg and slowly rise, with your trunk and other leg counter balancing each other → can use a counter, chair, or other stationary object for support as needed
 - You can also perform this activity via squatting or half-kneel technique (see below).





Getting an object from a low cabinet, washer/dryer

Guidelines:

- Stand close to cabinet, etc. with feet hip width or slightly farther apart
- Tighten lower abdominals
- Bend knees and hips as far as comfortable to a squat/partial squat position
- Slowly reach for object/s, keeping abdominals engaged and trunk as upright as possible
- Bring object/s close to body, brace against body as able, and stand up.
- Can also perform activity by kneeling on one leg instead of performing partial squat, or with golfer style technique → can use top of counter/washer/dryer to help stand if needed



CORRECT



CORRECT



INCORRECT