

## LIFTING & CARRYING:

Many daily activities including our exercise regimes involve various forms of lifting and carrying. There are many common compensations that can lead to impaired muscle performance and function. With education on techniques to stabilize the spine and proper body mechanics, we can minimize injury and maximize ability.

### Lifting an object from the floor

Guidelines:

- Stand with feet hip width apart or slightly wider, as close to object as possible
- Tighten lower abdominals
- Bend knees and hips as far as comfortable to a squat/partial squat position
- Slowly lift object, keeping abdominals engaged and trunk as upright as possible
- Can also perform activity by kneeling on one leg instead of performing partial squat → can use top of counter/washer/dryer to help stand if needed



CORRECT



CORRECT



INCORRECT

## Lifting an object from overhead

### Guidelines:

- Get a sturdy step stool if object is too high to reach safely
- Stand with feet hip width apart or slightly wider in a staggered position, as close to object as possible
- Tighten lower abdominals
- Slowly reach for object with shoulders oriented as open as possible (palms or thumbs up)
- Support object with both hands if possible, and slowly lower toward body, keeping abdominals engaged and trunk as upright as possible



## Carrying an object

### Guidelines:

- Hold object as close to body as possible, brace against body as able
- Keep abdominals engaged and trunk as upright as possible
- Keep elbows close to body, shoulders back with scapular stabilizers engaged

