Rec Tip of the Week

The Importance of Your Spine and Lifting Properly
Don’t underestimate the power of a healthy spine! Your spine houses and protects your spinal cord which acts as a highway for the brain and nerves to all parts of your body—and a healthy spine is imperative for maintaining health and wellness.

Simple Ergonomic Lifting Tips for Work
Try these simple lifting tips while you are working to avoid injury:
- Before lifting, always stretch to warm up muscles and prevent injuries; here are a few simple stretches:
  ◦ Reach above your head and stretch for a count of ten
  ◦ Rotate your wrists for a count of ten
  ◦ Stretch your neck from side to side, holding for a count of ten
- Test heavy items before lifting them by pushing lightly to get an idea of an item’s weight
- If an item is too heavy, ask for assistance or find a mechanized way to move it
- Check that the item’s weight is evenly distributed and parts will not move while you’re moving it
- If a position feels unnatural, re-adjust and find a better position that feels comfortable and natural
- Always lift using both hands
- Bend at your knees, lift from your legs and keep the object close to your body
- Keep your back straight when lifting, never arch your back or reach forward for an item
- Avoid twisting motions and whenever possible, lift in two-person teams
- Most important of all tips is to know your limit, don’t ignore your body

If you are experiencing pain during your work days or while doing frequent tasks, it’s critical you visit a chiropractor to find out how your pain and symptoms can be treated. This is an extremely important topic—with so much to cover, so please check back for more Be Well posts on this topic!