

## Bending & Lifting



DON'T



DON'T



DO



DO

1. Don't bend and twist. This places a lot of stress at your back. Use this rule of thumb: "wherever your nose goes, your toes go." This means move or pivot your feet in the direction you are moving toward. This takes an extra 2 seconds, and will minimize the stress to your back.
2. Don't bend and round your back. This puts you in a position to use mostly your back muscles and can put a lot of stress to your discs as well as overusing the small muscles of your back.
3. DO bend your hips and knees to pick something off of the floor. We want to utilize our butt (glutes) and thigh muscles. Keep the object close to you (this will minimize the stress to your back). Before you lift, start your exhale as you come to stand. This will get you to activate your core appropriately so you are not pushing out or down into your abdominal wall or pelvic floor.
4. DO your yardwork with better mechanics: Hinge from your hips as you bend your knees, let your butt go back. This gets the glutes and pelvic floor in a better position to generate force. Use your breathing to assist: As you bend down, inhale. As you come back up to stand, exhale.