

lifting

Technique is often disregarded when lifting, yet it is a common cause of injury. Lifting with a rotated or excessively bent spine places your body under enormous stress. You are strongest and most stable when you maintain a neutral spine (refer to our 'core stability' fact sheet).

When rotated, bent or excessively arched (pictures 4 & 5); your body has to load smaller ligaments and connective tissue, instead of providing strength and stability via stronger muscle groups. When placed under excessive stress the connective tissue that is forced to work beyond its normal requirements can fail which results in injury. Common lifting injuries are prolapsed (herniated) discs, strained muscles and sprained ligaments.

The following steps should help to improve your lifting technique:

1. Find neutral spine and bend from knees.

Find your neutral spine (find point '6' or '7' according to the 'core stability' fact sheet).

Move as close to the object as possible.

Bend from your knees ensuring your core is activated and prepare

2. Lift with your legs

Maintain neutral spine & core activation.

Holding the object with your hands and arms relaxed, use your legs to create the lifting force - not your back, neck or arms. Breathe out as you begin to lift - do not hold your breath.

3. Maintain neutral spine and place object

Once you reach full standing height, complete your exhale and maintain your core contraction with neutral spine.

Keep the object as close as possible to your body.

Breathe in and prepare to move the object.

Maintaining your core activation and neutral spine, move the object to the desired location, breathing out as you go.

4 & 5. BAD LIFTING TECHNIQUES

NEVER lift an object with your legs straight and your back bent (picture 4)

NEVER lift an object with your legs straight, your back bent and turning to the side (picture 5).

Both techniques are very common cases of lifting injuries.

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