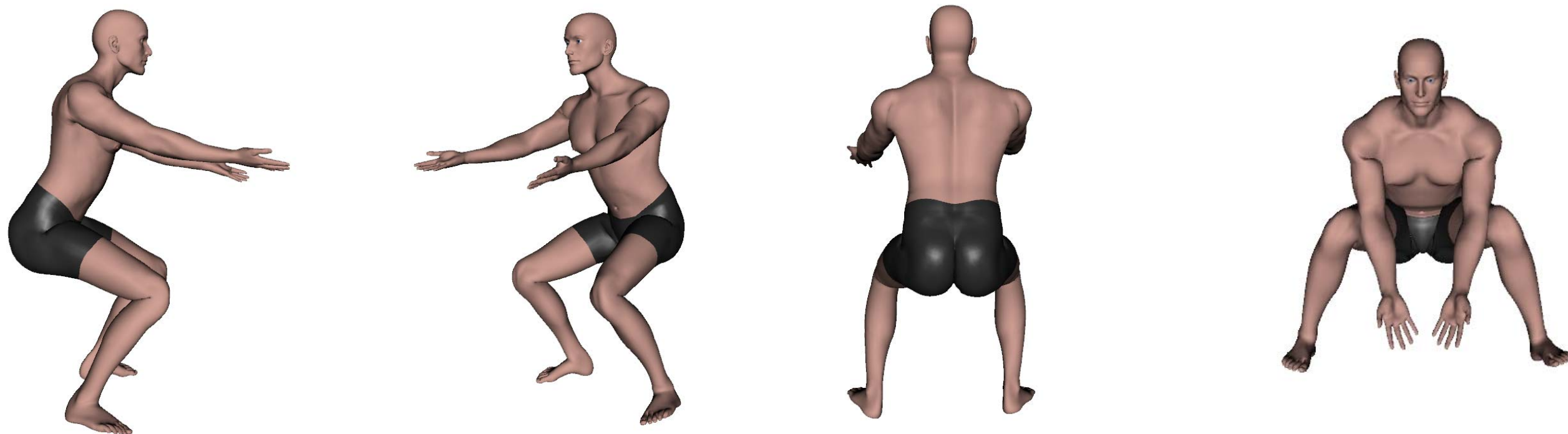


Lifting Technique

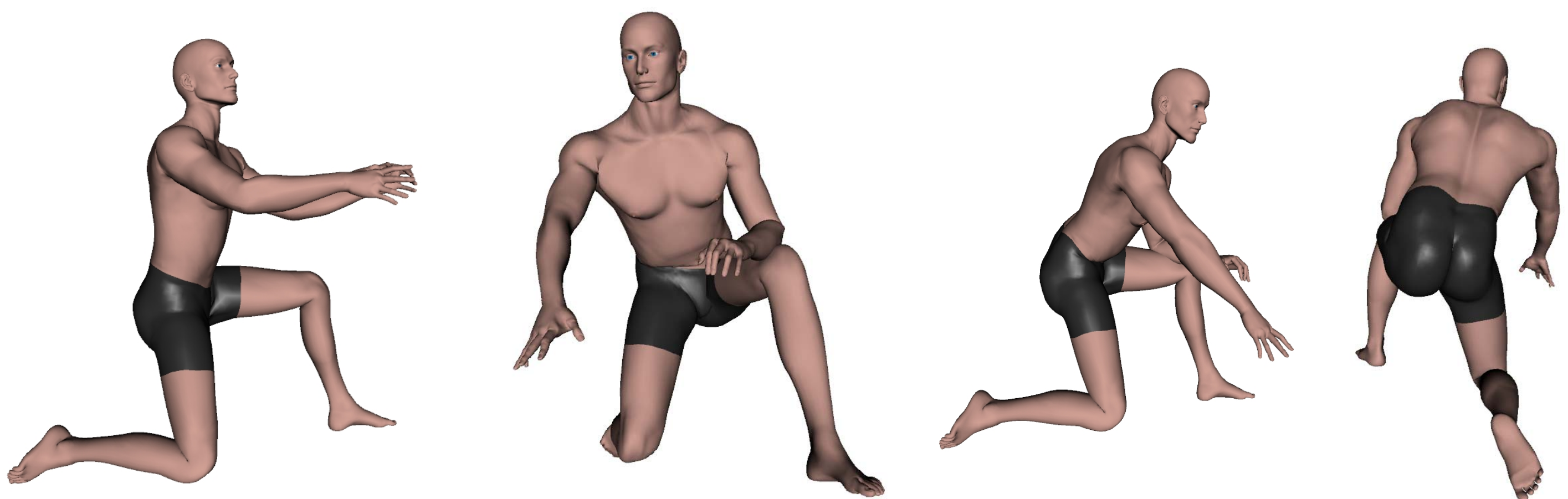
This is NOT your average lifting technique!

- This technique takes practice. It is different from what you may have previously learned.
- Although not new (weight lifters have done this for 25 years or more!), it is different and you should practice it without weight and be balanced before trying with weight.
- This is designed to take pressure off of the spinal discs when lifting and bending. These are the most commonly injured parts during a lift.
- This is designed to transfer the forces to the joints in the spine and the muscles in the spine. It does not eliminate the forces on the discs, only reduces them.
- This is better than other lift techniques, but does not guarantee safety.

*Remember, when lifting, move slowly and don't jerk the weight up.
If the weight feels heavy, get help or lessen the weight if possible.*



- To perform this lift, begin by having a wide stance. The wider the stance, the better your balance. You might also consider having one foot slightly in front of the others.
- Bend the knees and drop your rear downward, arching your back. The motion is exactly the same motion you use when you sit down on a stool. You push your rear back into the stool so that you don't end up on the edge of it.
- Get as close to the weight as possible to reduce reaching.
- Your knees never bend fully! They are usually at a 90-100° angle. They are most powerful in this position.
- Hang onto the item you are lifting, and straighten both legs, and lean your shoulder backward, recruiting your back muscles. Back muscles need to do work here, otherwise they just get weaker and weaker.



The alternate technique above can also be used for lifting, although it is mainly for reaching or working at low levels.

- Kneel on a single knee. Kneeling on both knees is very hard on the back
- Place your other knee as far in front of you as possible. This gives you a balanced base of support and allows you to push off with it with strong force, if needed.
- Reach for the item you need and pull it towards you without lifting it. Lifting while reaching is risky. If you need proof, sit down and hold a large book or weight in your hand close to your head. Then reach out with the same weight, as far from your body as you can. How much more weight does that feel to you now?
- Lift the item once it is close to you.
- Stand up by pushing backwards with your FRONT leg until you are out of a kneeling position. The stand up normally.

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