

HealthMatters

Back Injury Prevention

Always use your common sense when lifting objects and keep general lifting rules in mind:

- ▶ Prepare to lift by warming up the muscles.
- ▶ Stand close to the load, facing the way you intend to move.
- ▶ Use a wide stance to gain balance.
- ▶ Ensure a good grip on the load.
- ▶ Keep arms straight.
- ▶ Tighten abdominal muscles.
- ▶ Tuck chin into the chest.
- ▶ Initiate the lift with body weight.
- ▶ Lift the load close to the body.
- ▶ Lift smoothly without jerking.
- ▶ Avoid twisting and side bending while lifting.
- ▶ Do not lift if you are not convinced that you can handle the load safely.
- ▶ **Ask for assistance!**

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ 22% of our cases have a change in diagnosis
- ▶ 61% of our cases have a change in treatment

Best Doctors Can Help

Confused about your treatment choice for a serious back or joint problem?

Best Doctors can help.

- ▶ Have an expert doctor look at your diagnosis and treatment plan.
- ▶ Get the opinion of a top expert specialist, so you and your doctor can make the best medical decisions for you.
- ▶ Answer your questions from diagnosis to recovery.

If you have
questions call
1-866-904-0910.