

## Looking after your posture at Peacehaven Chiropractic

Peacehaven Chiropractic uses the latest screening tools to check your posture.

Our bodies are capable of many varied tasks, although it is common for us to demand too much from or use our bodies in a way that does not get the best from them. At Peacehaven Chiropractic our Chiropractor often sees people who have sustained an injury due to poor lifting and manual handling techniques that could easily be avoided.

### Lifting

#### Lifting do's

- Face the direction in which you want to carry the weight
- Lift with a straight back, stabilise yourself with your legs hip width apart (or more) and bend your knees
- Your head and shoulders should remain directly above your waist. Sometimes it can be useful to create a 'triangle of stability' with one knee and both feet on the ground to avoid sway
- Lift with the object as close to you as possible and avoid twisting
- Get your balance before lifting

#### Lifting don'ts

- Do not bend from the waist. This will increase the pressure on your lower back
- Keeping your knees straight can encourage over stretching
- Never twist from the waist your discs are most vulnerable in this position and you are much more likely to herniate a disc (slip a disc) in this position
- Don't lift with your arms straight out, keep the elbows bent and to your side

Setting objects down can cause as much problems as lifting them up. When lifting always consider where you are taking the object. Setting things down at waist height is always better than on the floor.

### Loading & unloading - into a car or van etc.

It is important to use the best technique possible, as this is difficult task at the best of times.

#### Loading & unloading do's

- If you have been sitting down for a while, loosen your muscles and joints before lifting by going for a short walk
- Having lifted the weight to rest it on the bumper, push it the rest of the way into the car/van
- Keep your back straight
- Bend your knees
- Always put lighter objects in first and push them towards the back, so that you can pull them out without strain when you reach your destination
- Break loads into small and manageable chunks

#### Loading & unloading don'ts

- **NEVER** lift and twist
- Avoid the temptation to straighten your legs
- Do not try to lift more than one or two carrier bags out at a time

### Putting babies in the car

#### Putting babies in the car do's

- Hold the baby close to you

- Keep your back straight
- Only bend your knees when you have got as close to the car seat as possible
- If you're carrying the baby in a chair, rest the chair on the edge of the car seat, then manoeuvre it into position within the car, keeping your knees bent and back straight

#### **Putting babies in the car don'ts**

- Don't try to reach out too early
- Avoid bending from the waist at all costs

**Our bodies are very well adapted to a variety of tasks, but we need to be careful not to take advantage of this and push our bodies to breaking point!**

For more information about Chiropractic and spinal care please read more of our articles, or visit our Peacehaven clinic at 229 - 231 South Coast Road, Peacehaven, BN10 8LB (we are a 30 minute drive from Brighton and a 20 minute drive from Seaford). Feel free to contact our Chiropractor: 01273 584812 or [info@peacehavenchiropractic.co.uk](mailto:info@peacehavenchiropractic.co.uk)