

CHIROPRACTOR

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What is the easiest way to make sure I lift correctly?



Dr. Klindt

**DEARINGER & KLINDT
CHIROPRACTIC
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PLLC**

ANSWER: When you have to pick something up, make sure your spine is not twisted. Never bend and twist while lifting. Always face whatever it is you have to lift and squat down with your knees. Get a good grip and look up as you stand up. Do not look down as you lift, or you will bend at the waist and lift with your back. Looking up as you stand up will cause you to lift with your legs and save your back from injury. Never bend at the waist while lifting!!!

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