Know Your Joints
Muscle and Joint Care Suggestions

<u>Ergonomic Racking Techniques</u>

Take all the suggestions to the right and use the following.

- Stand upright with a slight bend at the waist.
- Keep your abdomen tight and pull through the arms not allowing your body to twist.
- Your feet should be “staggered or a scissor stance” for stability. This enables you to extend the rake and pull it back towards you with the least amount torque on your back.
- Your knees should be slightly bent.
- Raking is usually a dominant hand chore with the dominant side doing most of the pulling, but try to switch sides and change your feet position often.
- Don’t overextend your reach because this will force you to flex at the waist and flex your shoulders excessively to extend the rake forward. Don’t try to pull too hard or too many leaves at one time. This will cause the spine to twist excessively and might cause damage or an injury.

Racking can cause major spinal issues. So Use Good Form. Some keys are to keep your abdomen tight and pull through the arms **not allowing your body to twist**, try to switch sides, and change your feet position often.