

DO YOU/CAN YOU

DO THIS?

SHORT WELLNESS SELF-CHECKS

Do you Stay in the Same Positions or do too much of one motion?

Bottomline: Varied Motion is Lotion to your Body

golfer's lift



Golfer's lift

There are a variety of safe ways to lift. All have you keeping your spine locked in neutral with no twisting.



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lunge lift

squat lift



Don't do too much of any one thing. Cumulative repetitive stress wears down your body. By varying your movements and postures you will use different muscles and not put too much wear on any one part of your spine. If you spend long periods of time sitting, then this means changing your position frequently even if you were sitting with "Good posture". If you're doing a dynamic exercise such as cycling it means standing up and pedaling every so often. If you sit all day take frequent and dynamic breaks. Go for a walk or stand up and reach for the sky. If you're engaged in dynamic work, take breaks and maybe stretch and or rest. If you pick things up off the ground employ varied spine sparing techniques like the golfer's lift, lunge lift, and proper squat lift (see pictures). If you exercise make sure that you follow a varied routine that works on all aspects of your fitness not just one facet. Example: if you are a runner make sure you especially condition (stretch and strengthen) your core and hip, knee, and calf musculature as well as well as following a general conditioning routine (see program).

Self-checks: Solving problems before they happen.