

Safe & Proper Lifting

Lifting is an essential part of everyday life, but also one of the greatest risks for accidents and injuries to the back. Whether you are taking items out of a car trunk, lifting heavy snow or lifting gardening equipment, the following tips are designed to be applied to all different situations:



Preparing to Lift

1. Ask for assistance if load is too heavy
2. Get as close as possible to item you are lifting
3. Align your body straight-on with the object – avoid any twisting of your back by moving your feet directly in front
4. Engage your deep abdominal muscles and keep the contraction

The Lift Itself

1. Bend your knees in a “sitting/squatting” motion to lower yourself towards the item while keeping your back straight
2. If reaching forward, ensure your entire trunk and pelvis bends from your hip joint, rather than bending your spine (you will feel like you are sticking out your buttocks)
3. Ensure your shoulder blades are “down and back” so that your neck stays relaxed
4. Lift the item and hold it right against your body while you straighten your knees again

Transferring the Load to the Desired Location

1. Move your feet to change direction – do not move or twist your back
2. If you are lowering the load, perform the same “sitting/squatting” motion with your legs

Lifting injury? Ask your doctor how physiotherapy can help.

Preventing and Relieving Headaches

Tips to help prevent headaches:

1. Keep your neck mobile with general exercises
2. Check the ergonomics of your workstation.
3. Be very aware of your posture
4. Relax your neck and shoulders through stretching and deep breathing
5. Check for any food sensitivities (For example, cheese, caffeine & chocolate are known to cause headaches.)
6. Eat regularly to maintain proper blood sugar levels
7. Drink 1-2 litres of water a day
8. De-stress by meditating/relaxing daily



Which type of headache do you have?

Migraine: A severe recurring headache, usually affecting only one side of the head, characterized by sharp pain and often accompanied by nausea, vomiting and visual disturbances

Myogenic/Tension: Tightening of face and neck muscles and tension often moving to the forehead

Cluster: Short periods of intense pain which occur in cyclical patterns and may last weeks to months followed by temporary remissions

Inflammatory/Sinus: Often the result of an underlying disorder or infection, such as a stroke, a blow to the head or a sinus infection; medical attention should be sought.

Cervicogenic: Originates from the neck and is caused by long periods of time in which the neck is held in an awkward position, poor posture, or by a precipitated neck movement

Physiotherapists can effectively treat and manage symptoms of all headaches.

Ask your doctor how physiotherapy can help you with your headaches.

Is Physiotherapy Right For You?



Physiotherapy is a safe, effective and medically-based approach to health care, which aims to increase your overall health.

Physiotherapy may be the answer if you are suffering from:

- Muscle sprains or strains
- Neck or back pain
- Fractures
- Pre- or post operative care, including joint replacement
- Sports injuries
- Arthritis/Osteoporosis
- Falls and balance problems
- Strokes, Parkinson's and Multiple Sclerosis
- Paediatrics – treatment of developmental conditions in children

Physiotherapy includes:

Exercise programs and education

- posture retraining, muscle strengthening, fitness training, stretching and home exercise education

Pain management technologies

- ultrasound, laser therapy, electrical therapy for pain control and to stimulate the healing process

Manual therapies

- stretching, joint mobilization and manipulation, massage, myofascial release and active release therapy

Achieve freedom from pain, once and for all. Ask your doctor if physiotherapy is the right solution for you.

Recent accident or injury?

Remember the helpful R I C E protocol:

Rest

No weight should be put on the injury site and crutches should be used where appropriate.

Ice

Ice packs should be applied to the injury for periods of twenty minutes every couple of hours.

Compression

Compression should be applied to the injury where possible, to prevent excessive swelling.

Elevation

To relieve pain and prevent excessive swelling, the injury should be elevated above waist height where possible.



Ask your doctor about how
physiotherapy can treat your injury.