

## Correct Lifting Technique

Stand close to the load; have firm footing and a wide stance.

Accentuate the lordosis.  
(I.e. concave groove in the small of the back)

Bend your knees down to the load and keep your back straight.

Get a secure grip and hold the load as close to you as possible.

Lean back to stay in balance, inhale, and lift the load by straightening the legs.

Take a steady lift; do not jerk

When upright, shift your feet to turn and avoid twisting the low back

**Rule:** When lifting you should apply the correct lifting technique. In addition, you should also stand upright and bend backward five or six times immediately before and after each single heavy lift and also at repeated intervals during repeated lifting.

(Source: McKenzie, R., *Treat Your Own Back* (April 2001), p.29-30.

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## How to Maintain Your Lordosis Throughout the Day

Intermittent Back Bends  
(Either standing or from prone position.)

Stand upright with shoulders rolled back slightly. No slouching.

Use of lumbar roll or proper support when driving.

Proper posture at your desk. Consider using a kneeling chair.

Avoid sitting for long periods; if this is unavoidable then be sure to stand up every hour and do a few backbends.

Two or three yoga postures in the morning and evening-- and definitely when involved in lifting.