

INJURY PREVENTION TIPS

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What if I told you that if you applied the following safety tips to your lifestyle, years of joint pain could be avoided? Would you be interested?

As a Doctor of Chiropractic I spent years looking for techniques that could help prevent people from getting injured. This seems kind of contradicting to the profession I'm in. However, I feel like I am doing a much greater service by educating people on how to avoid injuries and rehabilitate them back to pre-injury status than to try and relieve the chronic ongoing symptoms.

I looked into a lot of programs and educational tools and decided to get certified as an injury prevention consultant and I would like to share some safety tips with you.

When performing any job it is necessary to warm-up. Yes, like an athlete would before a major competition. Warm-up is a term used to describe stretching and range of motion movements of the joints to prepare your body for physical exertion. The reasons athletes warm up is to improve performance and avoid injuries.

Regular stretching reduces muscle tension, permits easier movement, increases the range of motion in the joints, and decreases the risk of built up trauma. When stretching do so in a relaxed, slow fashion without bouncing, hold each stretch for 3-5 breaths, and stretch on both sides.

For example if you are going to be lifting boxes at work, I would recommend stretching out your back and legs. If sitting and working on a computer all day is the job you will be performing then I would suggest stretching out your wrists and forearms.

When lifting, always lift from a position of stability. A broad based stance is suggested. This will be to your mechanical advantage.

Maintaining your spinal curves is necessary throughout the lift. Your spine is made up of three major curves. When a position compromises those natural occurring curves you are more likely to get injured.

Slumping at your desk typing on the computer, many times jeopardizes those curves and can lead to spinal pain anywhere from your neck to your tailbone.

Keeping the load in close will prevent long lever torquing motions on your shoulders and back. Never bend forward while lifting and twisting because that will put your spine into a posture to herniate a disc in your lower back

Remember the saying, “Lift like an elevator not like a crane.” Elevators move up and down where cranes move forward like a bobbing bird you see at the carnival. Lifting straight up and down with your legs will take the pressure off of your spine.

I would also like to suggest core strengthening in the prevention of back injuries. There are many programs that can assist with abdominal strength. Try a core strengthening class like an abdominal class, pilates, or a yoga class.

For my closing remark I would like to remind all of you to test the load before lifting. By testing the weight and the awkwardness of the object will assist you in making the correct decision on your path and direction to carry the object.

These simple tips will save your back. Remember to take a moment to think before acting.