**Key Points For Injury Prevention**

**1.** During all loading tasks, avoid a fully flexed or bent spine and rotate the trunk using the hips (preserving a neutral curve in the spine). Doing this has the following benefits:

-Disc herniation cannot occur.

-Ligaments cannot be damaged because they are slack.

-The shearing effect of the spinal joints is minimized.

-Compressive loads on the low back are less with a neutral spine than with full flexion of the spine.

**2.** During lifting, lift with a neutral spine with knees bent (squat lift) with the external load close to your body.

**3.** Do not hyperextend your low back when lifting or carrying a load.

**4.** Utilize spine sparing techniques when needed (e.g. golfer’s lift or the saddle toss).

**5.** Avoid twisting motions with your back, instead rotate about the hips.

**6.** Direct the line of force you are pulling or pushing through the low back.

**7.** Alternate sides when you perform activities like raking, shoveling, mopping, etc.

**8.** Allow time for your disc to “equilibrate,” and ligaments to regain stiffness after prolonged flexion (e.g. sitting or stooping), and do not immediately perform strenuous exertions.

-After prolong sitting or stooping, spend time standing for 3 or more minutes before performing a physical exertion.

**9.** Avoid prolonged sitting.

-Prolong sitting is associated with disc herniations.

-When required to sit for long periods, stand up at least every 50 minutes and walk for a few minutes.

**10.** Avoid lifting or spine bending shortly after rising from bed for at least 1-2 hours.

**11.** Warm up (with walking and/or dynamic stretching) before performing a physical exertion.

**12.** Follow the Sleeping, Sitting, Shoe Wear Protocol.

**13.** Maintain proper structural alignment (through Chiropractic Care) to prevent injuries.