

## How to Lift with Neck Pain

Lifting objects when you have neck pain can be painful. Your neck muscles may tighten and strain when lifting objects.

### *Tips:*

1. The most important thing is to make sure the neck is properly aligned. It should be in a neutral position with the ears in a vertical line with the shoulders. You should not have your neck flexed or extended while lifting. You can use the Booyah Stik, a broom stick, or PVC pipe to serve as a training guide for alignment of your spine.



2. Lighten the load or break it up into phases if possible.
3. If the object is too heavy, ask for assistance.
4. Keep your feet apart at least shoulder width. This will provide you with a solid base of support.
5. Keep the object as close to your body as possible.
6. Lift with the large muscles of your legs (quads and glutes)
7. Avoid twisting your neck or back while lifting. To turn you should pivot your feet.
8. Reminder once again not only your neck but your entire spine should be aligned.