

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

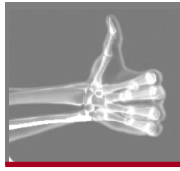
Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy

You're In The Right Hands

Physiotherapists

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LIFTING

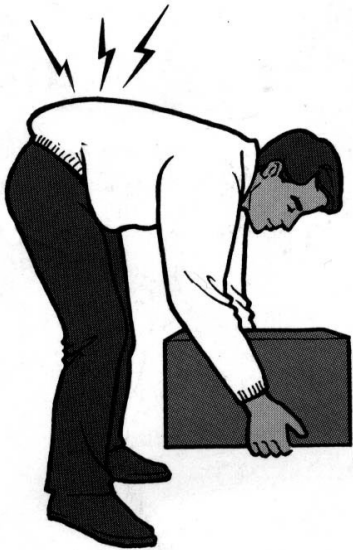


LIFTING

Lifting injuries are among the most common causes of back pain. By following a few simple rules, the stresses placed on the spine by poor lifting habits can be greatly reduced.

HOW CAN LIFTING INJURE YOUR BACK?

- ◆ The complex nature of the spine means that stresses placed on it may injure many different structures.
- ◆ The discs, which separate the vertebrae (bones) or the ligaments, which hold them together, can be damaged. The disc is composed of a jelly-like core surrounded by a layered, strong fibrous ring.



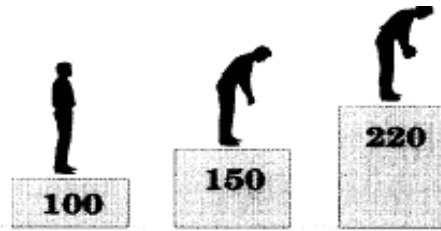
◆ Lifting incorrectly, with the spine bent forward, causes this fluid to be pushed backwards. There is a consequent increase in the pressure of the disc. If this pressure is great enough, the layers of the fibrous ring or its supporting ligaments may tear or rupture.

- ◆ Twisting or jarring while lifting or carrying may injure the small (apophyseal) joints, ligaments and discs, which guide movement of the back.

OTHER FACTORS

Lifting with the spine bent forward will increase the stress on your spine. Other factors, which contribute to stress on your spine while lifting, include:

- ◆ The weight of the load;
- ◆ How far it is held from your body;



- ◆ How often and how fast you lift;
- ◆ How long you hold the weight.

Your physical state also will have an effect!!

- ◆ Weakness in back and stomach muscles can reduce your ability to keep your back in a safe straight position;
- ◆ Reduced strength in legs and thighs may limit your ability to crouch;
- ◆ Poor fitness will cause your muscles to fatigue and place stress on your back.

BURRARD PHYSIOTHERAPY CAN HELP.

A physiotherapist is an expert in human movement. Physiotherapists understand how your muscles, bones, joints and ligaments work and how injuries happen. They can:

- ◆ Analyze the workplace and show you how to reduce the likelihood of injury.
- ◆ Teach you how to lift with minimal stress to your back,
- ◆ Assess your physical ability. Your physio-

therapist can also assess your muscle strength and fitness and advise an appropriate exercise and fitness program

- ◆ Treat muscle, joint, disc and ligament injuries using electrotherapy, mobilization and manipulation, traction, stretching and strengthening exercise programs and other treatments to ensure a speedy recovery from injury.

MAKE WORK EASIER AND REDUCE THE STRESS

Lift using a crane, hoist, forklift or platform or with assistance from someone else. Try to make sure loads that you lift regularly are kept at waist height so that no bending of the spine is required. Reduce the size and weight of articles to be lifted.

TO LIFT CORRECTLY

1. Get a firm footing with feet shoulder width apart.
2. Bend at the knees and at the hips and use the strong muscles of your legs to lift.
3. Have a good firm grip on the load.
4. Keep the Load close to your body.
5. Brace your spine using your core muscles and keep your back as straight as possible for the whole lift.
6. Make all movements smooth, avoiding jerking or twisting.

