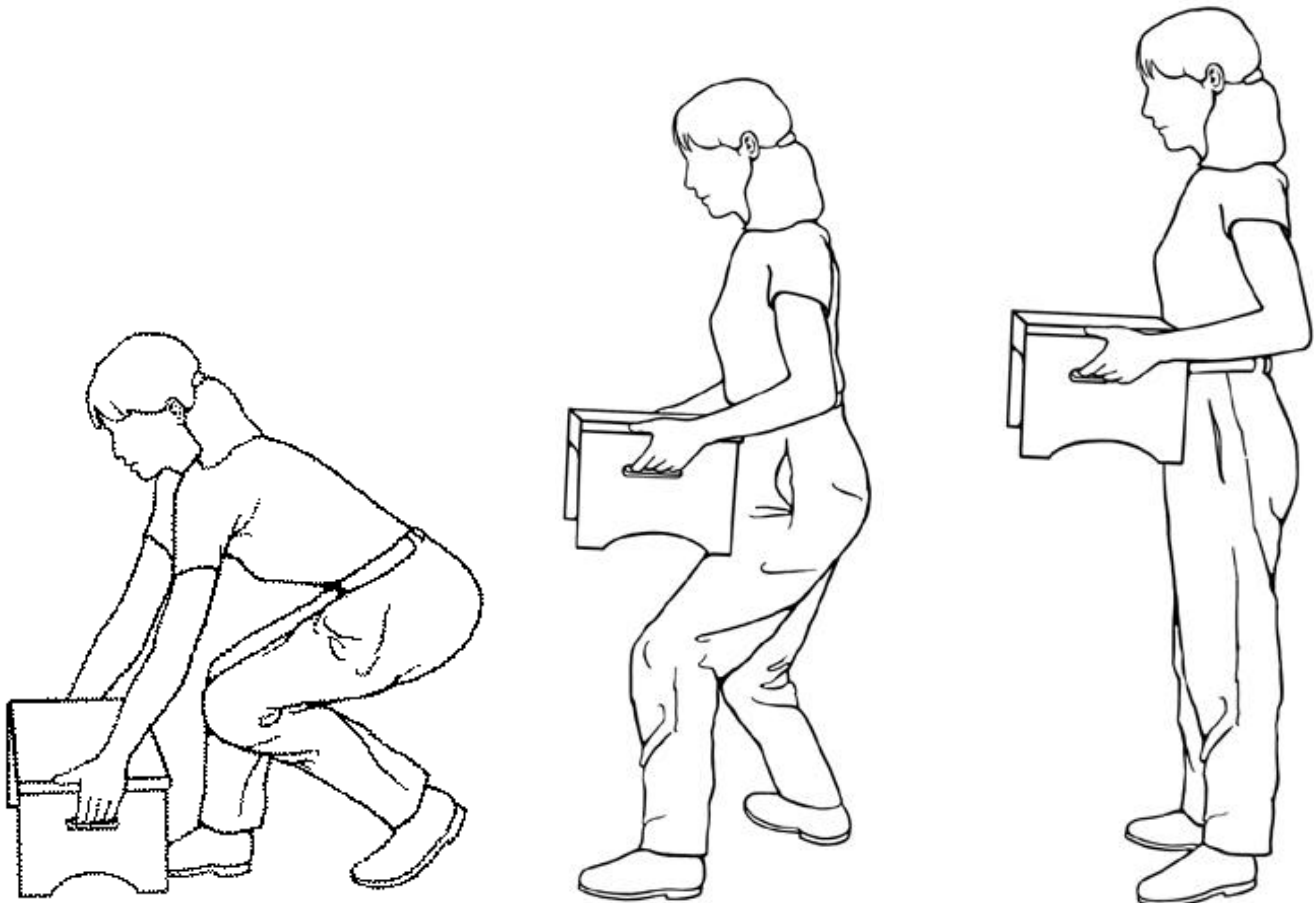


Mobility

How to Lift Properly



- DO NOT LIFT UNTIL YOUR DOCTOR HAS GIVEN YOU PERMISSION
- Plan your lifts and remove obstacles from your path.
- Test the weight of the load before attempting to lift it.
- Ask for help when necessary.
- Keep the normal curves of your back throughout the lift.
- Use your legs for lifting as much as possible.
- Keep the load as close to your body as possible.
- Tighten your stomach muscles while lifting.
- Do not hold your breath.
- Lift no more than 5 pounds until your doctor has given you permission.