



OPENING COVERS AND LIDS

A really sure fire way of injuring you shoulder is to lift a cover or a lid when it is out in front of you and at shoulder height. This puts a tremendous amount of leverage on the shoulder and rotator cuff because of the distance from the load to the shoulder. In the case above, the length of the lever arm can be cut in half by bridging your elbow to the frame of the machine. Because there is no padding there for the elbow, he is resting it on his opposite hand to protect his elbow. Always keep the load close to you by shortening up the lever arm before you lift, even if it is just with your arm!