



THE CLOTHES DRYER

Clothes dryers with low front opening doors present a special problem in that we are forced to bend/twist our bodies in order to retrieve clothes from the dryer. It is very important to take the bend/twist off of your back and put it into your hips and pelvis where it belongs. To do this, approach the dryer door from the corner (a 45 degree angle), spread your feet and bend your knees, and use POWERLIFT®. This will enable you to go forward at the hip sockets. As you reach into the dryer, the bend/twisting will now transfer to your hips and stay away from your back. The only other method when dealing with a clothes dryer of this type would be a Tripod position. Either way you are eliminating bend/twist from your back and putting it on your hips, pelvis and legs where it belongs.