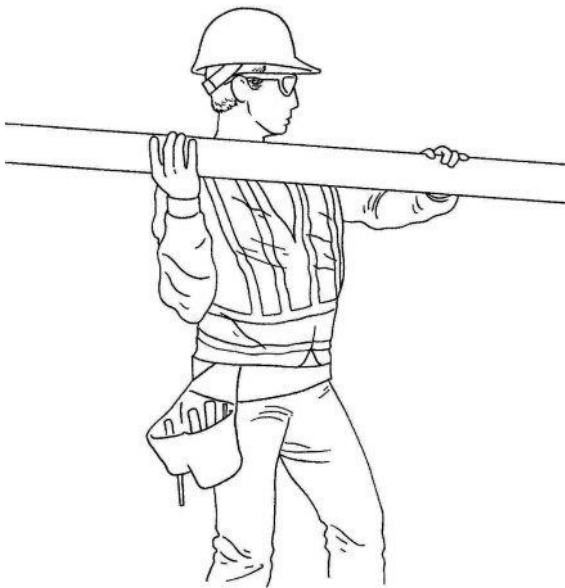


There are many times when we have to reach up over our head to carry or lift materials. When you must do this, keep your neck in neutral by keeping your chin up. This keeps the forward running neck curve in place so the joints don't get overloaded. And don't forget your shoulders and the rotator cuff that holds the shoulder together. Overhead lifting and carrying puts a lot of stress on the cuff that needs to be counteracted with shoulder exercises. There are many shoulder range of motion exercises you can do that only take a few minutes but, in turn, will keep your shoulders healthy and free of arthritis.



When carrying material above the shoulder try to keep it as low as possible to minimize wear and tear to your neck and shoulders. Any time you can keep a load lower than shoulder height is much easier on your joints than holding above shoulder level.

## OVERHEAD LIFTING