



## PULLING ON A VALVE HANDLE

Pulling on a valve handle requires that you use all of your body muscles, not just your arm and shoulder muscles. People who use just their shoulder muscles end up with an arthritic shoulder, with rotator cuff tendinitis and loss of use of the shoulder joint. This type of wear and tear can be even more painful than low back arthritis. To keep the strain off of your shoulders when operating valves, use a wide stance with your knees bent, move your entire body with your arm and shoulder and bridge whenever you can. This is a smart way to work and your shoulders will thank you for it!