



USING THE GOLFER' S BEND

Reaching out to pick up and move an object is one of the most frequent ways people hurt their backs. This is because the reaching usually puts your back into a bend-twisted position. Then, when you lift up on the load the twist can tear up the joints in the lower back. And remember, it is not just the weight of the object you are lifting, it is also the weight of your upper body. You can put the bending and twisting on your hip socket, which is made for bending and twisting, by simply letting one foot come up as you reach. This way your hip socket is pivoting and not your back bending. Using the Golfers Bend like this will protect your back for all those hundreds of times we bend and reach for an object. Protect your back with a Golfers Bend, always!