

Many of my clients have hurt their backs lifting or bending awkwardly. This can result from one episode, but is more likely to be the “last straw” after years of accumulated episodes of lifting when you are poorly aligned. Each time a little more damage is done. Your bodymind is pulled more out of alignment by old protective movement patterns ( which never quite go away, even though the original injury has healed) and habits and then a seemingly simple movement does a lot of damage and we wonder how it happened!

It is really important to:

1. **Have your feet apart,**
2. **Bend your ankles, knees and hips equally,**
3. **Stick your tail out, keeping your spine long and a little arch in your lower back.**
4. **Brace your core stabilisers (abdominals, multifidae, pelvic floor and diaphragm) as you lift.** You will feel your waist expand as you do this. Breathe!!

You can have your feet parallel, or one in front of the other, depending on what you are lifting and where you are going. Hold your load close to you and step with your feet to change direction. **Sense the support of your skeleton.**

The same applies to making beds, leaning over the basin to clean your teeth, gardening and all the other kinds of bending you do.

Practice lifting without weight first, so you get the feel of it, then add weight gradually so you get a sense of the power you have when you lift this way. If you have been doing all the movements in this book, you will pick it up quickly. If you haven't, you would need to do some of the basic movements first. Usually it feels so good to lift like this that you will automatically do it, but you might have to stop and prepare yourself at first. We would all like this to become automatic. Think how much money, pain and time would be saved if we all thought about lifting properly and did it!

