

# Introduction to Lifting

## Physiotherapy in Canmore for Lifting

From boxes to groceries, to furniture and kids, we all need to do it. And we need to do it regularly! Lifting. It seems no matter who you are, or what your profession is, lifting is a regular occurrence nearly everyday of our lives.



Unfortunately, lifting items is a very common way to injure yourself. In order to remain injury-free it is crucial that you learn to lift properly and be diligent in practicing good lifting techniques every time you lift, no matter how big or small the load is.

This part of our website is designed to assist you in preventing injuries during lifting by helping you to prepare your body for the task, guiding you in choosing the right lifting equipment (if necessary) and by making you aware of the most common injuries that might occur when lifting. Although a good day is often one where we feel we don't need to 'lift a finger', an even better day is one in which you don't lift an injured finger!