

# GET YOUR LIFT ON!



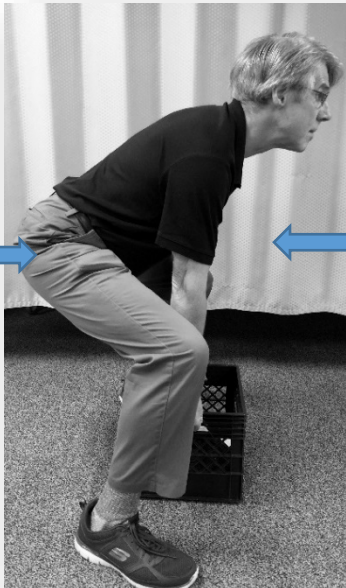
← DON'T DO THIS

BETTER BUT  
STILL A LOT  
OF STRESS ON  
KNEES →

YES!



BEND AT THE HIPS,  
NOT THE BACK  
BACK STRAIGHT



GRIP IS BEHIND  
TOES WITH  
ARMS STRAIGHT



FOR LIGHTER OBJECTS,  
TRY A GOLFER'S LIFT,  
LEANING ON NEARBY  
SURFACE & STICKING LEG  
OUT OR LEAN ON YOUR  
OWN KNEE



  
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