

Dr. Colin Gage * Dr. Duane Drobot

Nicola Valley Chiropractic
1949 Quilchena Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Moving? Do it Right.

After four to six weeks of abusing ourselves while doing renovations, our new office at 2076 Granite Ave. was finally ready. Next came the four grueling days of moving. During these fun filled days, we attempted to use the same proper lifting techniques that are repeated to our patients every day. Other than a little muscle and joint stiffness, we came out unscathed. For those of you who are not patients in our office or have not had the sheer pleasure of having someone explain to you how to lift properly, I will attempt to enlighten you.

-when bending over to pick something up, bend with your knees. Do not just bend at the low back or pelvis region. To check if you are doing this correctly, bend down as if you were going to lift a box. Is your low back still straight or have a concave curve? Are your knees bent? Are your feet shoulder width apart? Are your shoulders rolled back?

-whenever lifting anything even moderately heavy, be sure the object is as close to your body as possible. You do not have to be an expert in physics to figure out that a twenty pound object held in your outstretched arms will seem much heavier than the same object held against your chest.

-do not pack the boxes too heavy. It is a bad habit to attempt to fit as much as possible in a single box. It will be too heavy and you are putting yourself at risk of injuring your back and even a good tongue lashing from your spouse when you drop it. It may take a little longer and a few more trips may be the result, but in both cases it is worth it.

-if you have to move large or heavy objects, rent a dolly. It will give you a huge mechanical advantage and make large jobs seem much easier. If used properly, it will even work well when navigating stairs.

Have you gotten this advice a little too late? Are you already in pain? The most common locations for the problems to occur are in specific areas of the low back and pelvis. The first potential spot is called the "sacroiliac joints". They are the joints between the back and the side of the pelvis. People incorrectly call this their "hip". The

second potential spot is the “facet joints” between the very bottom vertebrae and the top of the pelvis. These joints are located between the two dimples under your beltline. The third potential spot is the “facet joints” between the vertebrae about five inches up from the beltline we just described.

When you injure or sprain any of these joints, you will likely have what chiropractors call a SUBLUXATION. This is simply when the joint becomes stiff or “jammed”, there is inflammation in or around the joint that can irritate the nerve, and the irritated nerve that controls the muscles makes them go into spasm. You may also experience numbness or pain in the upper or lower leg. If you have any of the symptoms I just described, see your chiropractor immediately.