

IF LIFTING HURTS YOUR BACK

Here Is What To Do First

Daily Lift System



**PAIN CARE
SUPPLY**

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If Lifting Hurts Your Back

Here Is What To Do First

START HERE IF:

Groceries trigger it • Laundry sets it off • Any lifting from the floor sends it into a flare

You already know what happens.

You pick something up.

You think — it is just a light bag.

Then your back reminds you it was not.

The problem is not the weight.

It is the pattern.

You reach instead of step in.

You bend through your spine instead of your hips.

You rush instead of control.

Not because you are weak.

Because nobody showed you the right sequence.

This guide does that.

THESE ARE NOT ACCIDENTS — THEY ARE REPEATED PATTERNS

- Carrying groceries one-handed
- Reaching for items on low shelves
- Twisting while putting items away
- Lifting a laundry basket from the floor
- Picking up bags from the car

If lifting keeps triggering your back — this is your first step:
paincaresupply.com/free

Free resource. Download adds you to our email list. Unsubscribe anytime.

Do This First

Every lift. Every time. Start here.

1 Get Close Before You Touch It

Do not reach forward. Step in so the object is near your body.
Distance creates strain before you even lift.

YOU SHOULD FEEL

Stable and balanced

STOP IF YOU FEEL

Reaching or losing control

2 Push Your Hips Back

Hinge through the hips — not the low back.
Let your knees soften naturally. Load goes into legs.

YOU SHOULD FEEL

Load in hips and legs

STOP IF YOU FEEL

Sharp pain in low back

3 Keep the Load Tight to Your Body

Bring the object close before you stand.
The further it is from your body — the harder your back works.

YOU SHOULD FEEL

More control, less strain

STOP IF YOU FEEL

Arms extended far from body

4 Stand Up Smooth

Drive through your legs. No jerking. No rushing.
Controlled effort all the way up.

YOU SHOULD FEEL

Controlled steady effort

STOP IF YOU FEEL

Sudden pain or catch

5 Turn Your Feet — Not Your Spine

If you need to change direction — move your feet first.
Do not rotate through your low back while holding weight.

YOU SHOULD FEEL

Stable and in control

STOP IF YOU FEEL

Twisting under load

START SMALL — Build control before adding load

Begin with: light grocery bag • empty basket • small box • backpack
Build control first. Never test your limit on a bad day.

Consistency beats intensity.

Progression + Red Flag Guide

Know when to advance. Know when to stop.

PROGRESSION — Once the 5 steps feel controlled:

- Increase repetitions slowly — same weight, more practice
- Add slightly heavier items only after 3 consistent days
- Apply the system to real life tasks — groceries, laundry, work
- Once this feels controlled — increase load gradually

STOP IMMEDIATELY — Seek emergency care if you experience:

- ! Loss of bladder or bowel control
- ! Numbness or tingling in the groin or inner thigh
- ! Sudden severe weakness in both legs
- ! Chest pain, dizziness, or difficulty breathing during movement
- ! Symptoms that are rapidly worsening

PAUSE — Consult a licensed provider before continuing if you notice:

- >> New or increasing numbness or tingling down the leg or into the foot
- >> Sharp shooting pain that worsens with every attempt at movement
- >> Significant increase in symptoms after two or more sessions
- >> Fever, unexplained weight loss, or night pain that wakes you from sleep

FEEL CHECK — Every Session

Expected: stable, controlled, load felt in legs and hips. Mild effort is acceptable.

Not acceptable: sharp low back pain, shooting leg pain, numbness, or loss of control.

If symptoms increase — stop, reduce load, and consult a licensed provider.

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Free resource. Download adds you to our email list. Unsubscribe anytime.

FTC Disclosure: Educational product only. Results vary. Does not diagnose, treat, or replace licensed care.