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Traveling soon? Tips for lifting and carrying luggage.

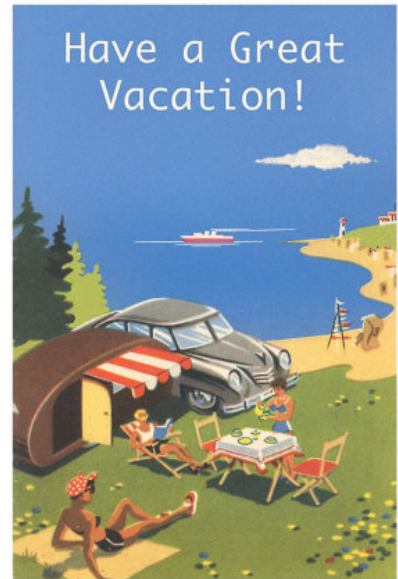
For many of us traveling can be a fun adventure, whether vacationing, visiting friends and family or for business opportunities. However, we are all susceptible to neck, back and shoulder injuries when traveling, especially if we lift and carry large and heavy luggage.



According to the U.S. Consumer Product Safety Commission, in 2004 more than 49,100 luggage-related injuries were treated at hospital emergency rooms, doctors' offices and clinics.

Follow these key points to avoid injury when traveling;

1. When shopping for luggage, look for a sturdy, light, high-quality and transportable pieces, with wheels and handles.
2. Pack lightly and learn smart packing techniques – for example, use smaller bags which can be carried in both hands rather than one heavy item on one side. Carrying a heavy suitcase in 1 hand can result in "suitcase elbow."
3. To lift luggage, stand along side of it and bend at the knees. Hold stomach muscles in and lift with your legs. Avoid any twisting or rotating of the spine and hold the luggage close to your body.
4. When traveling on planes, check heavier luggage to avoid having to carry it for long periods. Allow plenty of time so you can take breaks when you are carrying heavier luggage.
5. When placing luggage in an overhead compartment, first lift it onto the top of the seat, then with hands on either side of the suitcase lift it up. If your suitcase has wheels, set the wheel side into the compartment first.
6. If using a backpack, chose one with 2 padded, adjustable shoulder straps to equally balance the weight. Never wear a back pack on one shoulder only.
7. When using a duffel or shoulder bag, don't just carry it on only one shoulder for a length of time – switch sides often.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

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