

# Health Notes

## Proper Lifting

by Craft Chiropractic Associates, PC

As our doctors instruct lifting techniques as part of Back School training at area workplaces, it is surprising how few people know how to lift correctly.

Many injuries treated by a chiropractor are the results of poor lifting techniques. Lifting places significant mechanical stress on the anatomic structures of the spine, including the supportive muscles and ligaments. Workers who are required to perform excessive manual lifting tasks, particularly in a bent or twisted posture, are more likely to injure themselves.

Following these steps can minimize the possibility of injury to your back while you are lifting.

- Size the object; plant your feet solidly and at shoulder width. Kneel in front of the object and lift as you straighten up, keeping your head looking up.
- Use the "big" muscles of your legs, thighs, arms, and shoulders as you lift, not the spine.
- When lifting large or awkward objects, get help. Use mechanical devices if a load is too heavy. Use common sense; never try to lift more than you can handle.
- Have a clear path to your object's destination to avoid tripping.





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# In Step

## Self Care for Diabetics

by Arthur Lukoff, D.P.M.

People with diabetes can reduce their risk of amputation by following a few simple guidelines:

1. Have your doctor check your bare feet at every visit.
2. Cut your toenails straight across when possible, making sure not to leave an edge that could cut into the other toes. Make sure there are no sharp points left, by using an emery board
3. Wash your feet daily, using warm – not hot – water.
4. Check them for bumps or sores daily.
5. Use a lotion or moisturizer on your feet to help prevent the skin from cracking or breaking down.
6. Do not wear stockings with seams.
7. Break in new shoes very slowly. Wear them for only one hour a day for the first week, then add an hour to the wearing time every week.
8. Check your shoes every time you put them on, to avoid anything that may cause an irritation of the feet to occur.
9. It is not advised to go barefoot, due to the nerve loss on the bottom of the feet.
10. *Never use corn remover, wart remover, or any other chemical on your feet.*
11. When bathing, check the water temperature with your elbow before getting in the bath.
12. If your feet stay cold at night, wear socks; but do not use hot water bottles or any other device directly on your feet.
13. Always see a podiatrist, a foot specialist, to take care of your feet, and notify them if you see that a problem area is not healing well.





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