

WELCOME TO WEEK 3 OF THE HEALTHY BACK CHALLENGE. THIS WEEK IS **LIFTING TECHNIQUES**. PART OF ANY GOOD SELF-MANAGEMENT BACK CARE PROGRAM IS IDENTIFYING AND LIMITING MOVEMENTS OR TASKS YOU DO REGULARLY THAT CAUSE BACK PAIN. LIFTING AND BENDING, ESPECIALLY WITH ROTATION OF YOUR TRUNK IS A VERY COMMON CULPRIT IN BACK INJURY, OR IN CAUSING BACK PAIN. **DID YOU KNOW THAT LIFTING THE SAME 20LB BOX CAN CHANGE THE PRESSURE ON YOUR LOWER BACK BY OVER 200% DEPENDING ON THE TECHNIQUE YOU USE TO LIFT AND CARRY IT?** THIS WEEK YOU WILL HAVE THE OPPORTUNITY TO LEARN ABOUT LEVERS, LIFTING AND YOUR BACK AND RECEIVE FEEDBACK ABOUT YOUR LIFTING TECHNIQUE (OPTIONAL ACTIVITY).

THERE ARE TWO ACTIVITIES FOR WEEK 3:

ACTIVITY ONE: **LIFTING ASSESSMENT**. IF YOU WONDER IF YOUR LIFTING TECHNIQUE IS PROPER, WANT TO LEARN MORE ABOUT LIFTING AND STRESS ON YOUR BACK, OR, IF YOU HAVE QUESTIONS RELATED TO THE CHALLENGE WE HAVE A DROP IN LIFTING LAB ON AUGUST 29<sup>TH</sup> FROM 10:30AM – 1:00PM IN TWO WATERS A109. THIS EVALUATION IS OPTIONAL. NOTE: THERE IS **NOT** A LIFTING LAB ON TUESDAY, AUGUST 28<sup>TH</sup> AS POSTED ON THE CHALLENGE CALENDAR.

ACTIVITY TWO: **ANATOMY OF THE SPINE**. THIS WILL BE AN ARTICLE OR ONLINE ACTIVITY WHICH EXPLAINS THE STRUCTURE OF OUR SPINE. BACK PAIN CAN BE HARD TO DIAGNOSE AND TREAT BECAUSE THE SPINE HAS A SUPPORTIVE MUSCULAR SYSTEM INCLUDING TENDONS, ORTHOPEDIC SYSTEM INCLUDING BONES, INTERVERTEBRAL DISCS, AND LIGAMENTS AND NERVOUS SYSTEM. ALL OR ONE OF THESE STRUCTURES CAN BE INFLAMED OR INJURED WHICH CAN CAUSE PAIN. THIS ACTIVITY WILL COME TO YOU VIA E-MAIL AND BE POSTED TO THE HBC WEB PAGE ON 8/30/2018.

**QUIZ:** THERE WILL BE ONLY ONE QUIZ THIS WEEK (DESPITE WHAT THE CALENDAR SAYS) AND IT WILL COVER LIFTING TECHNIQUES AND POSTURE. THE LINK FOR THE QUIZ WILL BE SENT TO YOU ON SEPTEMBER 1<sup>ST</sup>.

THE OPTIONAL LUNCH AND LEARN SESSION IS **LIFTING, PULLING AND LEVERS** AND IS SCHEDULED FOR 8/31/2018 STARTING AT 10:30AM IN TWO WATERS B106 AND ONLINE. YOU CAN FIND REGISTRATION LINKS ON THE [WWW.WELLPATH.INFO/CHALLENGES](http://WWW.WELLPATH.INFO/CHALLENGES) PAGE.

WHILE WE ARE ON THE TOPIC OF LIFTING, THIS WEEK YOU WILL START YOUR FIRST EXERCISE OF YOUR HEALTHY BACK PROGRAM. THE ABSOLUTE BEST WAY TO DO THIS IS BY USING THE [JOINTSTRONG™ APP](#). IF YOU ARE GOING TO CHOOSE YOUR OWN EXERCISES, STAY TUNED AS WE SEND YOU MORE INFORMATION TO GET YOU STARTED. YOU CAN FIND EXERCISES TO CHOOSE

FROM AT THE RESOURCES SECTION OF [WWW.WELLPATH.INFO/CHALLENGES](http://WWW.WELLPATH.INFO/CHALLENGES). (IT'S TOWARDS THE BOTTOM). LAST WEEK, WE SENT THE ARTICLE: [\*BUILDING YOUR BETTER BACK PROGRAM\*](#). PLEASE REVIEW THIS ARTICLE IN PREPARATION TO START.

THAT'S IT. THAT'S WEEK 3: LIFTING TECHNIQUES