

# HOW TO LIFT

## ***IF YOU ARE INJURED AT WORK***

WORKER'S COMPENSATION CASES ARE TREATED DAILY IN CHIROPRACTIC OFFICES THROUGHOUT THE STATE. CHIROPRACTIC HAS AN ENVIABLE RECORD OF RESULTS IN INDUSTRIAL ACCIDENTS, ESPECIALLY BACK AND NECK INJURIES AND ALLIED STRAINS.

## ***AUTO ACCIDENT INJURIES***

MOST AUTO INSURANCE POLICIES PROVIDE FOR CHIROPRACTIC TREATMENT FOR DISABILITIES SUSTAINED IN COLLISIONS OR OTHERWISE IN AN AUTOMOBILE.

CHIROPRACTIC IS PARTICULARLY EFFECTIVE IN THE TREATMENT OF "WHIPLASH" AND OTHER BACK AND NECK INJURIES WHICH ARE OFTEN THE RESULT OF AN AUTO ACCIDENT. BE SURE TO RECEIVE A COMPLETE EXAMINATION AFTER AUTOMOBILE ACCIDENTS.

**KEEP YOUR BACK STRAIGHT AND THE LOAD CLOSE TO YOUR BODY AND LIFT WITH YOUR LEGS.**



***WRONG***



*Courtesy of Your Doctor  
of Chiropractic*

***RIGHT***



- 1 SQUAT DOWN**
- 2 BEND KNEES**
- 3 BACK STRAIGHT**
- 4 ARMS CLOSE**
- 5 KEEP LOAD CLOSE**