

Manual Physical Therapy & Sports Medicine NEWSLETTER

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Happy Mother's Day!

Tips For Lifting— Take Care of Yourself While Taking Care of Your Children

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for mothers. The American Physical Therapy Association (APTA) offers these tips to help moms and other caregivers accomplish these daily feats without aches and pains.

Carrying/ Holding Your Child

- Always hold him or her close to your body and balanced in the center of your body
- Avoid holding your child in one arm or balanced on hip
- Keep your back straight and shoulders back when using a child carrier



Lifting Your Child From the Floor

Use a half-kneel lift

- Stand close to your child on the floor
- Keeping your back straight, place one foot slightly forward of the other and bend your hips and knees to lower yourself to one knee
- Grasp your child with both arms and hold him or her close to your body.
- Tighten your stomach muscles, push with your legs and slowly return to standing position



Lifting your Child Out of the Crib

- Put the crib railing at its lowest position when lifting your child out of the crib
- Keep your feet shoulder-width apart, knees slightly bent
- Arch your lower back, keeping your head up, bend at hips
- Grasp with both arms and hold child close to your chest
- Straighten your hips so you are in an upright position, then extend knees to return to standing



Pushing a Stroller

- Stay as close to the stroller as possible
- Keep your back straight and your shoulders back
- **The force to push the stroller should come from your entire body, not just your arms.**
- Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.



Picking up Toys From the Floor

- Keep your head and back straight
- While bending at the waist, extend one leg off the floor straight behind you

