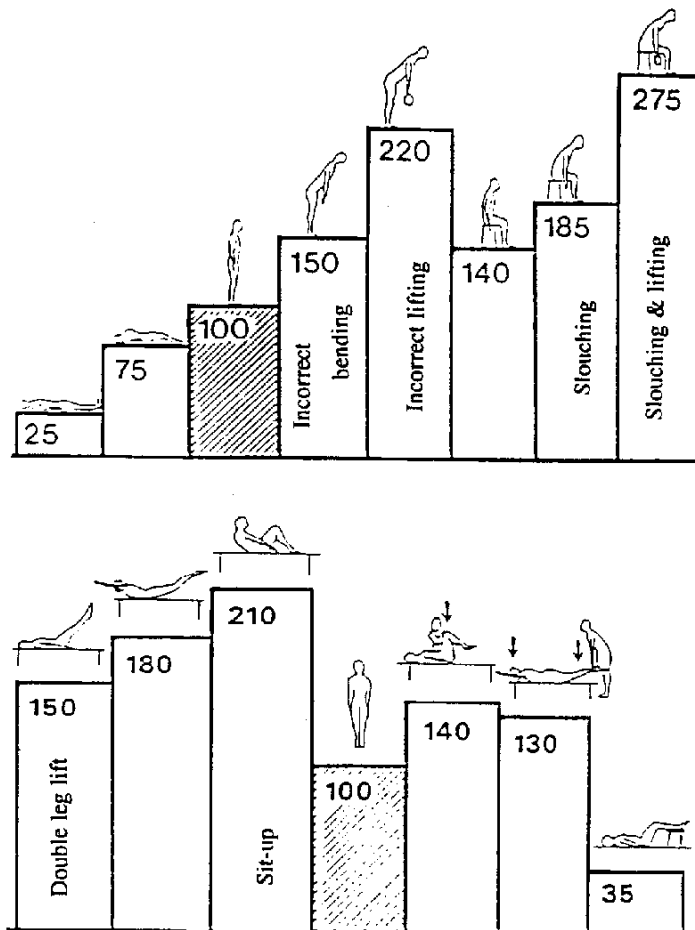


**Spine Workload Chart**

**Relative Change in Pressure in the 3<sup>rd</sup> Lumbar Disc in Various Positions**

Remember: Keep the curves in your back, bend from your hips and knees, and control your movements in order to avoid dangerous pressures in the disc.



Nachemson, A., M.D. The Lumbar Spine: An Orthopedic Challenge, *Spine*, Vol. 1, No. 1, March 1976

**...immediate change that lasts...**