

# Common Orthopedic Injuries While Moving



## COMMON ORTHOPEDIC INJURIES



Shifting a house is not easy as it requires expertise. You may be able to move light goods but when it comes to heavier ones, you might end up hurting yourself in the process. Besides this, the objects may be damaged as well. We must say that DIY shifting is full of hassles and injuries.

In this post, we will shed some light on the common orthopedic injuries that one may experience while DIY shifting. Some injuries are so severe that surgery may be required for the treatment, and it may also need the application of [orthopedic implants](#).

### Orthopedic Injuries While Shifting

#### Back Injuries

The back suffers the most when you suddenly lift heavy objects. The effects are high in those who are not used to doing such activities. Thus, it is important to lift objects with the correct body shape.

Back strains are common with DIY shifting. In some cases, severe injuries like slipped/herniated discs may also be experienced. Besides this, another spinal injury that may be reported includes nerve compression.

The best way to avoid these injuries is to seek the help of a professional for handling heavy objects. Whereas, if you want to do it on your own, wear a back brace and learn the right technique for moving heavy goods.

### **Broken Bones**

Another common injury associated with shifting is broken bones and this may occur if you fall in the process or end up dropping any of the objects on your toes. Besides this, hands or fingers may also break during the shifting process if they get stuck underneath a heavy object.

To avoid these injuries, it is advised to wear thick gloves along with closed-toe shoes to minimize the impact if anything falls on your foot. Another important point you need to focus on is to clear the moving path while shifting. This is because if you step on anything on the floor with a heavy object in your hand, you are likely to fall and end up breaking your bones.

### **Knee Injuries**

Besides the back, the knee joint also experiences a lot of strain when we lift a heavy object. The reason why knee injuries like sprains and dislocations are common with DIY shifting is because of improper handling technique of heavy objects. Another reason why you may end up hurting your knees is by twisting the knee or placing the food awkwardly while moving with the object.

Here, it is important for you to walk slowly while moving as going too fast will increase the chances of a knee injury. Besides this, you can also wear knee braces to support the knees during the shifting process.

## **Sprained Ankles**

Being in the lower extremity, ankles are also subject to experiencing sprains when put under weight. Again, such injuries are caused when you put a foot wrongly or twist it while moving. The best way to avoid such injuries here is to wear high-quality tennis shoes or work boots.

To get an international standard quality range of orthopedic implants and instruments, contact Siora Surgicals Pvt. Ltd., a renowned orthopedic implant manufacturer in India. The company is also known to be a regular exhibitor at the [FIME Medical Expo](#). In FIME Show 2023, Siora will exhibit at booth G41.

## **Contact Information**

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

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