

# Common Moving Orthopedic Injuries - What You Should Know



Shifting is a process full of hassles, and it is also associated with several injuries, especially when you practice DIY shifting. Handling heavy goods like fridges, beds, and almirahs is not easy, and in the process, people often end up hurting themselves. Sometimes, the injury may be so severe that surgical intervention is required for the treatment. In this post, we will see which orthopedic injuries one may experience while moving.

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## **Common Moving Injuries You Must Know**

### **Back Injuries**

Anyone can easily hurt his/her back while moving. Lifting heavy objects with a jerk or twisting the back while moving may result in strain. During shifting, one needs to make various movements like bending, hauling, and lifting. These motions put stress on the back and make it vulnerable to injuries. While lifting a heavy item, anyone can easily pull a muscle or stretch a tendon. Severe back injuries may include torn muscles, herniated discs, or fractured vertebrae.

The best way to avoid back injuries is to hire a shifting service provider. This is because they are professionals and know the proper techniques for handling heavy & delicate objects.

### **Knee and Ankle Injuries**

Another common location where injury may occur while shifting is the knee and ankle. When you lift a heavy object, the strain on your knees is likely as they are in the lower extremity of your body. Similarly, the weight of the object and the stress that occurs while lifting also affects the ankle. As a result, injuries at these two joints are common while moving.

If we talk about knee injuries, then sprains, dislocations, and meniscus tears may occur. While on the other hand, the ankle may twist while moving around with a heavy object or at the time of lifting.

Now, if you have decided to move on your own, it's better to take early precautions to minimize the risk of severe knee and ankle injuries. Here, what you can do is wear kneepads and braces to support the knees. Besides this, wear high-quality and sturdy shoes to support the ankle.

## **Shoulder Injuries**

Above all, shoulders are also prone to get hurt while shifting. The weight travels from your upper body to the lower body. While lifting heavy objects you may end up dislocating your shoulder or tearing your rotator cuff. Similarly, the risk of neck injuries like muscle sprains and pinched spinal nerves is also there.

The commonest reason for such injuries while shifting is falling in the shifting process. Hence, preventing falls may significantly reduce the risk of these injuries.

## **Fractures**

Fractures may occur when someone ends up falling with a heavy object in the hand or dropping it on the legs or fingers. This is why broken fingers or legs are among the common moving injuries. They are severe and may need immediate medical attention.

While moving, always prefer wearing shoes as open toes slippers or flip flops may increase the chance of catching fingers in doors or stepping on by someone else.

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