It can hurt if you...



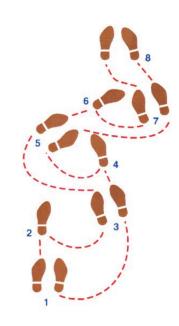
twist



carry heavy objects



bend



carry objects a long way

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