



SPORTS INJURY SPECIALISTS

“As a sports physiotherapist I am delighted by this revolution to enable individuals to lift and unload a wheelbarrow safely. It is perhaps surprising how many clients we treat with lower back pain, directly caused by the miss-use of wheelbarrows or sack trolleys either within the work-place or in the garden.

iTip have created a product that is simple in design but very effective. When we are required to tip a wheelbarrow often we will not flex enough at the knee joint to allow an easy rotation of the barrow, therefore resulting in too much flexion, under load, of the lower back. The rotation in the handles will completely reduce the need for lower back over compensation and we can keep our back straight with ease. Although low repetition of this movement may not cause too many problems, high repetitions over time, such as within a work-place is likely to cause injury.

This is something that we would recommend, especially from a health and safety point of view, for anyone who is required to work with the use of a wheelbarrow or sack trolley. Itip could be suggested for those who do struggle with a reduced range of motion but equally should be just as important for those wanting to prevent injuries.

Wishing itip all the best with their launch and looking forward to recommending this product to my patients.”

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