



SNOW REMOVAL

One of the more common causes of back injuries during the winter months is snow removal. Using the wrong body mechanics when shoveling snow can put undue stress on the spine and lead to muscle strains, falls, or more serious back injuries.

Pick the right snow shovel

A shovel with a curved handle or an adjustable handle length will minimize painful bending.

Warm up thoroughly

Cold, tight muscles are more prone to injury than warmed up, flexible muscles. Get your blood moving with a brisk walk, marching in place, or another full-body activity. Then, stretch your low back, legs and neck.

Pace yourself during snow removal

When shoveling, take a break for a minute or two every 10-15 minutes or if you feel overworked at any point. Use this opportunity to stretch your arms, shoulders, and back to keep them warm and flexible.

Be a good neighbor

Elderly residents or residents with health problems that prevent them from shoveling snow may need help with their snow removal. Using your new knowledge about ergonomic snow shoveling, you can help your neighbors remain active and mobile during the winter months and help prevent them from sustaining

Use ergonomic lifting techniques for snow removal!

Whenever possible, push the snow to one side rather than lifting it. When lifting the snow shovel is necessary, make sure to use ergonomic lifting techniques:

- Always face towards the object you intend to lift
- Bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight
- Keep your loads light and do not lift an object that is too heavy for you
- If you must lift a shovel full, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle (handle and arm length will vary the technique) keep your hands about 12 inches apart
- Avoid twisting the back to move your object to its new location – always pivot your whole body to face the new direction
- Keep the heaviest part of the object close to your body at your center of gravity an injury .

Bodywise



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NEWSLETTER

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2008 IN REVIEW

We want to take this time to thank all of our past and present patients. Many of our past patients have told their doctors and families about Bodywise. Word of mouth has become the number one way people learn about Bodywise. It is because of all our past patients that Bodywise has continued to grow over 2008. Thank you!

2008 ADDITIONS

In the beginning of 2008, Bodywise added a spinal decompression machine combined with the latest technology in treatment tables. Many patients have already used this decompression machine for low back injuries and neck injuries. The results have been great! We have been able to reduce disabling pain which has allowed patients to return to their previous level of function!

Bodywise also added a line of specialized inserts for shoes and custom made orthotics. The custom orthotics are made from a cast from each foot. The specific casting technique places the foot in the correct biomechanical position during weightbearing. Bodywise is able to provide this service at half the cost of some offices. Bodywise ended the year by adding two more home TENS or electric stimulation machines. This allows us to temporarily lend patients a unit for home to reduce acute pain.

LOOKING AHEAD TO 2009

Bodywise plans on adding two new programs at the beginning of 2009. We are excited to be adding a body mechanic education station to the clinic. Body mechanics deal with posture and the position of the body for lifting, carry, pushing, pulling ect. The station will include multiple educational posters describing proper lifting techniques. The station will also include a shelving unit with different heights to enable our patients to practice multiple lifting techniques in the clinic.

Bodywise is also adding a scoliosis program. Scoliosis is often an over looked or ignored problem. Scoliosis can range from mild to severe and can be treated with specific exercises and stretching. Each case of scoliosis is different and therefore the treatments will be specific to each individual.

Thank you to all of our patients for their support and good wishes for the new year.

More info soon on our new addition to our family!

HAPPY HOLIDAYS!

IF YOU ENJOYED YOUR EXPERIENCE AT
BODYWISE PLEASE LET YOUR FAMILY AND
FRIENDS KNOW WE ARE HERE TO HELP!

**THANKS TO ALL OF OUR PATIENTS
FOR THEIR CONTINUED SUPPORT!**

Karen and Ryan Poplaski MPT