

Health Notes

Snow Shoveling: What Can You Do?

by Craft Chiropractic Associates, PC

☛ Before you start your snow removal, stretch and loosen up. Muscles that are "warmed up" work better and are less likely to be injured.

☛ Use a long-handled or crooked-handled "back saver" shovel.

☛ Move the snow back far enough to give yourself enough room for the snow of the next storm.

☛ Clean up the snow several times during a storm. Each load will be lighter, and your body will appreciate that.

☛ Alternate sides from right to left when shoveling or pushing snow.

☛ Use your shovel like a snowplow; instead of shoveling, push the snow out of the way.

☛ If you are going to lift the snow with your shovel, bend at the knees.

☛ Keep your back as straight as possible.

☛ If you do not use a shovel often, try not to throw the snow off your shovel. You will more than likely throw your back out along with the snow.

☛ Do not twist at the waist with a shovel full of snow.

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☛ Move your feet and drop the snow.

☛ Stop and take a break once in a while. Stand up straight and take a few deep breaths.

☛ The best advice: Make friends with your neighbor who has a snowblower and stand back! ❄️

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