

SNOW SHOVELING TIPS

While snow can be beautiful, it also means that someone has to shovel it off of the driveway and walkways. If that someone is you, here are a few tips to make your job a bit easier, and to avoid injuring yourself in the process:

1. Before use, spray your clean, dry shovels with a Teflon spray. This will help keep the snow from sticking to the shovel, and make your job easier and more efficient.
2. Spend a couple of minutes stretching your lower back and hamstrings before going outside to help avoid injury.
3. Layer your clothes, so that you can remove layers as you heat up from the exertion of shoveling.
4. Try to keep an upright posture, and use your legs as much as possible. Don't lift, twist, and throw in one motion.
5. Pace yourself. Try to find a comfortable working pace that is not painful or exhausting. Take breaks if you feel the need.
6. See your chiropractor. No one knows more about keeping your spine working optimally, or helping you with an injury or strain, than your chiropractor.