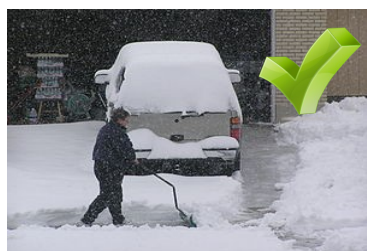


# Don't Blow Your Back Shovelling Snow

Push it don't throw it.

The lower back and spine do not do well with bending and twisting. Pushing the snow allows you to avoid the bend-lift-twist movements with a shovel full of heavy snow.



Get the right shovel.

Make sure you choose a shovel that is appropriate for your size and the type of snow to be moved. Wet sticky snow is heavier and should be moved in smaller loads. The light fluffy stuff can be more easily pushed with a larger shovel.

Start early.

If a heavy snowfall is expected, you would be wise to clear the snow once early on before it piles up. Frequent shoveling will allow you to remove smaller amounts at a time.

Use your legs.

Your legs are built to generate a lot of strength. By using your legs to power your shovel and keeping your back as straight as possible you will avoid the bending movements that add stress to the spine.



If you end up with some stiffness or pain after a day of shoveling snow, remember the 3-day rule: If it goes away, you probably just had some minor muscle strain that is nothing to worry about. If it sticks around for more than a few days, you may want to get it checked by one of our therapists. Early intervention with minor problems can prevent them from turning into more significant problems. If you have questions or are unsure if you should seek treatment, please contact: [drhankins@bridgelandsport.com](mailto:drhankins@bridgelandsport.com) and we will be happy to get you headed in the right direction.