

# Lift Light, Shovel Right.

## Stay safe this season

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway — on average, several hundred pounds! These tips will help keep your back in top shape:



### Don't let the snow pile up:

If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow at once.



### Pick the right shovel:

Use a lightweight pusher-type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.



### Push, don't throw:

Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.



### Bend your knees:

If you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting, while keeping your back straight.

### Warm up:

Before tackling any strenuous activity take the time to warm up with some overall conditioning (a 10- to 15-minute walk, even on the spot, should do it), followed by some simple stretching.

## Ten tips for maintaining a healthy back

- Exercise regularly
- Follow a healthy diet
- Maintain good posture
- Stretch your spine before and after sports
- Don't overload your backpack or shoulder bag
- Stretch your legs and back after each hour of sitting
- Never cradle the phone between your neck and shoulder
- Sleep on your back or side, not on your stomach
- Invest in a good chair, pillow and mattress
- Have regular spinal check-ups



### Take a break:

If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shovelling immediately if you feel chest pain or back pain. If you have back pain that is severe or that persists for more

than a day after shovelling, see a chiropractor. If you have chest pain that is severe, see a medical doctor immediately.

## This winter, have fun and stay fit

### Dress for the weather.

Layered clothing works better to keep your muscles warm and your skin dry so you don't get chilled. You may want to invest in clothing designed specifically for winter outdoor activity or layer garments made of natural fibres.

### Know when to rest.

Rest when you feel tired. Stop your activity immediately if you experience sudden or prolonged pain in any joint or muscle. Cool down by stretching, and change into dry, warm clothes.

### Stay hydrated.

Don't be fooled by the temperature! Your active body needs plenty of fluids even though it's cold outside. Be sure to drink lots of water or juice before, during and after winter sports.

## What is a chiropractor?

Chiropractors are regulated primary health care providers, like medical doctors, dentists and optometrists.

This means they can see you without a referral from another health care provider. In Canada, chiropractors are required to complete a minimum of three years of university, followed by four intensive years of training at an accredited chiropractic college. Their training enables them to assess, diagnose and treat disorders related to the spine, nervous system and joints.

## What is chiropractic?

One of the largest primary-contact health care professions in Ontario, chiropractic is a non-invasive, hands-on health care discipline that focuses on the neuromusculoskeletal system.

Chiropractors practice a manual approach, providing diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

For many conditions, such as lower back pain, chiropractic care is frequently the primary method of treatment and, where other conditions exist, chiropractic care may complement or support medical treatment by relieving the neuromusculoskeletal aspects associated with the condition.

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Treatment That Stands Up.

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Ontario Chiropractic Association

