

Pro-Motion Newsletter

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Winter Wonderland

1: Walking on Ice

Traversing across the snowy walkways during winter can be daunting. Injuries are common in the winter due to falling from slipping on ice or snow. Try to plan ahead and give yourself time to get to where you need to go. Assume all wet areas are icy and walk in designated walkways. Wear shoes that have a good tread that provides traction on snow and ice. Take short steps or shuffle for stability. Keep your center of gravity over your feet and walk flat footed. Keep hands and arms free to help with balance.



2: Learn How to Log Roll

Winter can be brutally cold, so a fire is a necessity. Throw some logs on the fire and get yourself toasty. After completing the log throw, you can complete a log roll to lie on the couch. Log rolls are important when transitioning from sitting to lying down and vice versa. They are helpful for people who have back pain or have had back surgery. Sit at the edge of the surface and lower your self down, with your arms, lying on your side with knees bent. When you are fully on your side roll your body together as a unit to your back. To get up from the surface, bend your knees and roll as a unit to your side. Once on your side, use your arms to help you sit upright.

1

WALKING ON
ICE

2

LEARN HOW TO
LOG ROLL

3

SHOVELING

4

SNOW
BLOWING



Pain and discomfort can have a serious impact on your day-to-day life.

We help relieve your symptoms so you can get back to living your life without aches and pains getting in the way.



3 & 4: Shoveling and Snow Blowing

Shoveling and snow blowing are essential activities during winter. The repetitive nature of shoveling can cause muscle strains in the back and shoulders. To avoid this, bend your knees with a staggered stance and lift with your legs rather than your back. Lift smaller loads of snow with a shovel that has a shaft that allows for your back to be straight when lifting. Avoid twisting and step in the direction you are tossing the snow. Take breaks and stand up straight to extend your lower back. This will help break up the forward bending of shoveling. When snow blowing, keep your posture in mind. An upright posture with back straight is preferable.

Wrong



Right



SERVICES WE PROVIDE:

- * Orthopedic/Sports Therapy: includes a musculoskeletal evaluation, and customized treatment plan based on our assessments.
- * Vestibular Therapy: Canalith ("crystals") re-positioning, habituation/adaptation, and gaze stabilization exercises are utilized along with balance and fall prevention techniques to allow patients to recover, adjust, and return to function.
- * Pelvic Floor: Manual techniques, exercise, and modalities (including biofeedback) are utilized to reduce or eliminate pelvic pain and/or weakness, and restore pelvic floor function.

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