



Walking on Ice

- 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.

Services Provided Include

- Orthopedic/Sports Therapy
- Pelvic Floor Therapy
- Vestibular Therapy
- Gait Analysis
- Bike Fit

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Holiday Shopping

- Balance the load by carrying bags in both hands.
- Brace your core.
- Lift with your legs, not your back.

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WE ARE HERE AND HAPPY TO HELP!

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NEWSLETTER WINTER '25/26

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Topics

- Shoveling Snow
- Holiday Shopping
- Walking on Ice

Shoveling Snow

- Maintain a straight back with knees bent and one foot in front of the other to stay balanced.
- Lift smaller loads of snow.
- Avoid twisting and step in the direction you are tossing the snow.
- If using a snowblower, maintain an upright posture.



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Happy Winter!