

Harbor Physical Therapy Newsletter

Winter 2022/2023

Shoveling Mechanics

Helpful Hints:

- Don't lift too much snow
- Take frequent breaks
- Warm-up and stretch before shoveling

- Choose ergonomic shovel
- Keep your back straight—bend at the knees—lift snow
- Keep feet wide & stance low to enhance strength & support



- Scoop snow and stand up with legs—keep your back straight
- Turn with your feet—do NOT twist your back
- Point feet towards direction you plan to toss snow
- Push snow forward where possible instead of throwing to reduce risk of injury

New Year, New You

4 WAYS TO IMPROVE YOUR HEALTH THIS YEAR

Winter Puzzle



Where do snowmen go dancing?



What do mountains wear to keep warm??



Where do snowmen put their money?



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Drink More Water

Hydration improve joint mobility and brain performance

Eat Healthy

Substitute one of your snacks with a healthy alternative

Walk More

Park in the back of the parking-lot or take the stairs

Mental Health

Set aside 20-30 minutes a day to do something you enjoy



ZocDoc
Get well sooner.

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