

Tips for Walking in Snow or Ice

1. Wear boots or shoes with textured soles. Avoid shoes that have smooth surfaces on the bottom.
2. Watch where you walk. Avoid dark and shiny patches. Walking on the snow will give you better traction.
3. Avoid being off balanced by carrying things in your hands or a backpack if you are walking long distances and keep your hands out of your pockets so you can use them for balancing yourself.
4. Take small, quick, shuffling steps if you are walking through snow and keep your weight slightly forward. It is usually better to fall forward than it is to fall backwards.
5. Make sure you estimate your stride from your steps so you know if you are and take big, fast steps if you walk quickly.
6. Use handrails if you walk on stairs.
7. Avoid walking in slush since it is the most slippery.

During the winter, physical therapists see many patients with injuries from falling on

How to Use a Heating Pad Safely

The colder weather is upon us which causes many people an increase in chronic pain or muscle pain. Are you using heat to treat your pain? If you had asked your doctor before it is important that you know how to use them safely.

- Do not sleep with a heating pad or you may get a burn.
- Only use a heating pad for 15 to 20 minutes per hour.
- Be extra careful if you are using a heating pad on an area of your body where you don't have as much feeling and avoid heating sensitive areas.
- Placing towels between the heating pad and your skin can help reduce the risk of burns.
- If you are using topical oils and ointments like Arnica, only use them after applying a heating pad.

WINTER HUMOR

What is a snowflake's favorite candy?

Snowflakes.

What do you get if you cross a

snowman with a shark?