



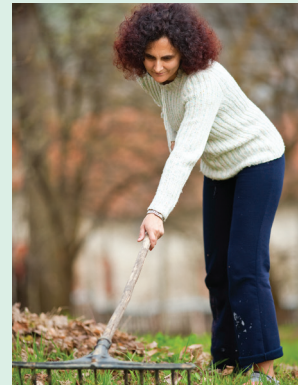
Seasonal Back Pain and Injury

Fall and winter activities, specifically leaf raking and snow shoveling, can place great strain and stress on the spine



Snow shoveling accounts for 11,500 hospital visits per year

Leaf raking caused 38,000 injuries in 2018



GOOD NEWS!

Raking and shoveling burns calories. A 180-pound person burns 180 calories in 30 minutes while shoveling!

There are many factors that lead to injury, including:

- Over-exertion
- Poor posture
- Falls/slips
- Ignoring warning signs
- Improper footwear
- Using wrong equipment
- Unstable foundation

YES, 10 STORIES

Mt. Ranier National Park in Washington received 1,224.5 inches of snow fall in a year (Feb, 1971 through Feb. 1972). That's as high as a 10-story building.

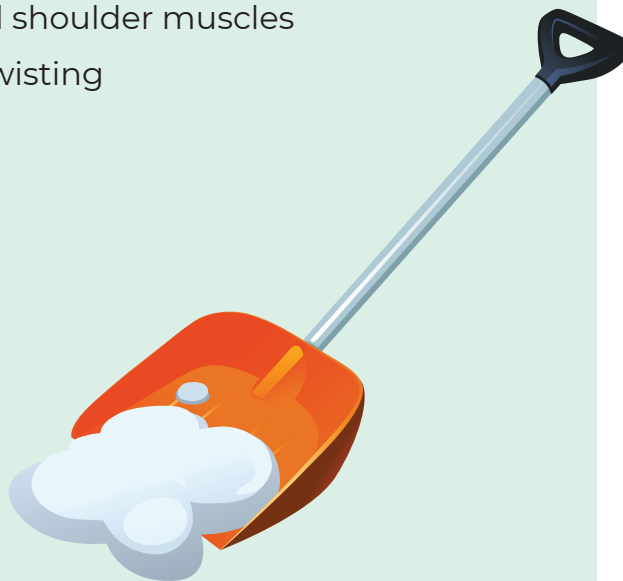


SEE OTHER SIDE FOR PREVENTION TIPS

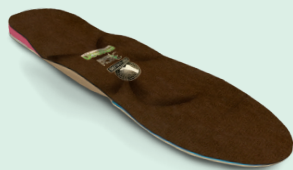


Preventing Seasonal Injuries:

- Stretch – pay attention to neck, back, and shoulder muscles
- Maintain an upright position and avoid twisting
- Bend from the knees, not the back
- Choose an appropriate sized shovel/rake
- Take frequent breaks
- Shoveling
 - Push the snow, do not lift it
 - Don't overload the shovel
- Raking
 - Don't over-reach, use small strokes
 - Don't lift heavy bags



And of course, support with Foot Levelers custom orthotics.



- Create a stable and balanced foundation
- Add more comfort to normally uncomfortable boots
- Help relieve strain on joints and soft tissue

ASK THE STAFF ABOUT HOW CUSTOM ORTHOTICS CAN HELP PREVENT INJURY!

