

SHEDDON PHYSIOTHERAPY AND SPORTS CLINIC

CLIENT NEWSLETTER

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Office Info

Shoveling Woes

How to prevent the strains and pains

While most people recognize that shoveling snow is very hard, fewer people recognize the stress and strain that it places on the low back.

Shoveling snow requires as much energy as running 15 kilometers per hour and one full shovel-load of snow can weigh as much as 25 pounds.

Shovellers sustain injuries every year from twisting, improper lifting, over-exertion, or trying to shovel too much snow. Many of these injuries can be prevented by taking the time to prepare and thinking about how to move properly.



We need to remember that tight muscles are more likely to strain than warm, relaxed muscles.

Take time to stretch and prepare your body for activity with a simple warm up of marching on the spot and a few shoulder circles to help tackle the snow. The Canadian Physiotherapy Association offers the following tips to help get a handle on safe shoveling:

- **Choose a shovel that's right for you** –an appropriate length handle is when you can slightly bend your knees, bend forward 10 degrees or less, and hold the shovel comfortably in your hands at the start of the shovel stroke. A plastic shovel blade is also lighter than a metal one. Ergonomic shovels with a bent shaft are very good and have been well researched
- **When you grip the shovel, make sure your hands are at least 12 inches apart.** This will increase your leverage and reduce strain on your body. Always keep one hand close to the base of the shovel to balance weight of the lift
- **Lift the snow properly** – Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it.
- **Step in the direction in which you are throwing the snow** – This will help prevent the low back from twisting and "next-day back fatigue" experienced by many shovellers;
- **Tackle heavy snow in two stages** – Begin by skimming off the snow from the top and then remove the bottom layer. Avoid overloading the shovel.

- **Take frequent breaks when shoveling**
- **Dress warmly to conserve your body temperature**
- **Wear proper footwear** with good tread to help avoid slipping or falling;
- **If you have a health problem or are not in good shape, do not even consider snow shoveling.** Find someone ahead of time to help.



We continue our strong commitment to injury prevention with affiliations with:

The Athletes Training Center
Oakville Aquatics Club
The Oakville Soccer Club
The Guelph Storm (OHL)
The Oakville Rangers (AAA)

Our staff continually upgrade their skills and research knowledge with courses and seminars.

Unlike many other clinics, acupuncture (practiced by most of our staff), when used during therapy, is not added as a separate charge. This saves you money while getting a full rehabilitation program.

Video analysis of activity is now becoming more popular as a means of understanding the motions that need attention during activity. At Sheddon, we have been using the technology for over 5 years!!

Location

Oakville Medical Centre
331 Sheddon Ave
Suite 304
905-849-4576

www.sheddonphysio.com

Our Services

- Manual therapy
- One on one care
- Physiotherapy
- Chiropractic Care
- Sport Specific Rehabilitation
- WCB/WSIB insurance coverage
- Car accident/MVA rehabilitation
- immediate traumatic & pre/post-surgical care
- Scar management
- back health program
- Shoulder health program
- TMJ associated pain
- sciatica
- carpal tunnel
- Repetitive strain injuries
- Prime Time Fit Program (exercises to help increase and maintain fitness)

THANK YOU!

On behalf of all of us here at **Sheddon Physiotherapy and Sports Clinic** we would like to thank you for allowing us to be your full rehabilitation providers.

We would also like to thank those of you who have referred us to family, friends and colleagues. At **Sheddon Physiotherapy and Sports Clinic**, we pride ourselves in providing complete care to our clients. The kindest form of compliment is the referral of others as this speaks volumes to your satisfaction.

Sheddon Physiotherapy and Sports Clinic continues to grow and add the services that clients expect. With many services including chiropractic, physiotherapy, athletic therapy (along with massage and expert orthotic fabrication), many doctors in the Oakville and surrounding area trust us with their most complicated clients and communicate with us on an ongoing basis.

Many sports teams and groups are presently seeking our assistance for quick recovery of their athletes.

Rest assured that as a former client of our services, you are the reason **Sheddon Physiotherapy and Sports Clinic** is growing and has been recognized as one of the leading rehabilitation facilities in the extended GTA region.

We will ALWAYS find time to see you and your family.

Reminder



All of your **Physiotherapy, Massage Therapy, Chiropractic, and Orthotics** are a yearly **tax deduction**.

If you require a printout for your taxation purposes, Please call the Clinic at **905-849-4576**

Physiotherapy Specific Exercises and Neck Pain

A study randomly assigned 180 female office workers with chronic, nonspecific neck pain into 3 groups:

- 1) The endurance-training group performed movement related neck exercises, which included lifting the head up from lying on the back and stomach (as determined by a therapist).
- 2) The strength-training group performed high-intensity neck strengthening and stabilization exercises with an elastic band (as directed by a therapist)
- 3) A control group did Aerobic and Stretching exercises only (most commonly found on the internet).

Note: Both training groups did dynamic exercises for the shoulders and upper arms with dumbbells. All groups were advised to do aerobic and stretching exercises regularly 3 times a week.

In a Nutshell: After 12 months, the first 2 groups were significantly more effective in increasing ROM, decreasing pain and disability in the subjects.

On the other hand, basic stretching and aerobic exercising alone were much less effective than strength training.

What this means: A program devised by a therapist is much more likely to control the symptoms of neck pain and loss of range than a generalized program of stretching and aerobic exercise.

Reference: Ylinen J, Takala EP, Nykanen M, Hakkinen A, Malkia E, Pohjolainen T, Karppi SL, Kautiainen H, Airaksinen O. Active neck muscle training in the treatment of chronic neck pain in women: a randomized controlled trial. JAMA. 2003 May 21;289(19):2509-16.