

WINTER SAFETY AVOIDING SLIPS & FALLS

WINTER IS BACK...

which means snow, freezing rain, and ice!
According to a 2010 study published in the
Journal of the American Geriatrics Society, nearly
50% of falls among older people happen
outside.”¹



AVOID WINTER SLIPS & FALLS:

Clothing

Wear proper footwear. Avoid high heels or smooth soled shoes. Rubber or neoprene soles provide more traction. Remember to clean off boots.

Dress appropriately. Bundling up and keeping warm will keep the muscles from tensing up and can prevent a stumble.

Walking

Take it slow—do the “penguin shuffle”. Taking small baby steps with a wide stance will improve your balance.

Focus on the path and pay attention. Put your cellphone away and use a backpack/purse to keep your hands free.

Use a railing/walking stick when needed.

Pathway

Make sure to clear your sidewalks/pathway. Use salt/sand to prevent ice buildup.

MOST IMPORTANTLY...

IMPROVE YOUR BALANCE!

- IMPROVING YOUR BALANCE AND MUSCLE STRENGTH CAN REDUCE YOUR RISK FOR FALLS.
- A PHYSICAL THERAPIST CAN HELP CREATE A BALANCE AND STRENGTHENING PROGRAM.



IF YOU FALL...

- IF YOU BEGIN TO FALL FORWARD-TRY TO ROLL WITH THE FALL
- IF YOU BEGIN TO FALL BACKWARDS-TRY TO SIT DOWN
- IF YOU RELAX YOUR MUSCLES AS YOU FALL AN INJURY WILL BE LESS SEVERE THAN IF YOUR BODY TENSES.

FREE
Balance
Assessment
\$125 value

CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US



WINTER SAFETY SNOW REMOVAL

Snow Removal

Snow removal is an important winter chore. However, it can be dangerous if not performed correctly.

Muscle strains in the shoulder and back are the most common snow removal injuries



According to the 2009 US Consumer Product Safety Commission, approximately **16,500 people** were treated in hospital emergency rooms for injuries that happened while shoveling or removing ice and snow manually. More than **6,000 people** were injured using snowblowers.¹



HELPFUL HINTS FOR GENERAL SNOW CLEARING

- CHECK WITH YOUR PHYSICIAN: THIS STRENUOUS ACTIVITY PUTS STRESS ON YOUR HEART, SHOULDERS, AND BACK.
- DRESS APPROPRIATELY: WEAR LAYERED AND VENTILATED CLOTHING, HATS, MITTENS TO PROTECT YOUR HANDS, AND SLIP-RESISTANT BOOTS.
- START EARLY AND REPEAT OFTEN: SHOVELING LIGHT SNOW WILL PREVENT INJURIES
- WARM UP YOUR MUSCLES: BEGIN WITH 10 MINUTES OF LIGHT EXERCISES.

Resources:

¹orthoinfo.aaos.org/topic.cfm?topic=A00060

²[National Safety Council. nsc.org/
NSCDocuments_Advocacy/Fact%20Sheets/
Snow-Shoveling.pdf](http://NationalSafetyCouncil.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Snow-Shoveling.pdf)

APPOINTMENTS
AVAILABLE WITHIN
24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

Most insurances accepted



MORE HELPFUL HINTS:

- TAKE FREQUENT BREAKS: IF YOU EXPERIENCE ANY CHEST PAIN, STOP IMMEDIATELY AND SEEK MEDICAL ATTENTION.
- EQUIPMENT AND TECHNIQUE: USE AN APPROPRIATE SHOVEL FOR YOUR HEIGHT AND STRENGTH. USE PROPER LIFTING TECHNIQUES. A TWISTING MOTION CAN CAUSE INCREASED STRESS TO YOUR BACK.

COMPREHENSIVE TREATMENT FOR:

- ARTHRITIS
- POST SURGICAL
- CHRONIC PAIN
- BACK & NECK PAIN
- ORTHOPEDIC & SPORTS INJURIES
- WORK INJURIES
- HANDS-OCCUPATIONAL THERAPY
- NEUROLOGICAL CONDITIONS
- BALANCE TRAINING/FALL PREVENTION
- PEDIATRICS
- VESTIBULAR REHAB
- TMJ
- INDUSTRIAL REHAB SERVICES:
 - FUNCTIONAL CAPACITY EVALUATIONS
 - WORK CONDITIONING

CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US

