

### TIP OF THE MONTH



#### Avoiding Holiday Injuries

During the holidays, back injuries and falls become more prevalent as people maneuver themselves up and down ladders and stairways while carrying or lifting heavy objects. A little bit of lifting and ladder safety can go a long way to keeping the holidays merry.

When lifting large or heavy objects, make sure you:

1. Check to ensure the load is stable and balanced.
2. Consider all possibilities. Is the path clear? What is the weight of the load? How much stress will be placed on your back? Is there traffic, a tripping hazard, a doorway to go through, or a stairway to go up or down? Avoid carrying an object that requires two hands to hold, either up or especially down a flight of stairs.
3. Use a wide, balanced stance with one foot in front of the other. Make sure you have firm footing and that your feet are a shoulders-width apart. This staggered stance gives you the stability of not falling over and being able to secure the load.
4. Lift gradually with your legs and not your back.
5. As you begin the lift, tighten your stomach muscles and keep your head and shoulders up. The closer the load is to your spine, the less force will be placed on your back.
6. Don't twist. Move your feet in the direction of the lift. This will eliminate the need to twist at the waist.

More lifting safety tips can be [found here](#).

When going up and down ladders, make sure you:

1. Wear clean slip-resistant shoes. Shoes with leather soles are not ideal for ladder use as they are not considered sufficiently slip-resistant.
2. Place the ladder on firm level ground and without any type of slippery condition present at either the base or top support points.
3. Do not put the ladder in front of closed doors that can open toward the ladder. The door should be blocked open, locked, or guarded.
4. Make sure the length of the ladder is sufficient so that the climber does not have to stand on the top rung or step.
5. Never jump or slide down from a ladder or climb more than one rung/step at a time.

More ladder safety tips can be [found here](#).

We wish you and yours a very safe and happy holiday season. If you find yourself in pain, please come see us. We can help get rid of your pain and back to the holiday traditions and events that you look forward to. It's our job to make sure you feel great and ready to celebrate!



#### PT&Me Featured Article:

[Cold Weather Exercise Tips](#): Cold temperatures and decreasing daylight hours do not mean that your outdoor running routine has to go into hibernation for the winter... [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*“Let’s stop talking about reality and just focus on my ideas”*

— Ethan M. (Age 10)

### TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

### A RECIPE FOR YOU

#### Great Grandma’s Yeast Rolls

If there’s one thing that’s guaranteed to be a staple in most holiday dinners, it’s rolls. Our friend Sheila sent us her homemade roll recipe and it’s sure to become a fast favorite!



#### INGREDIENTS

- 2 tablespoons shortening
- 3 tablespoons white sugar
- 1 cup hot water
- 1 (.25 ounce) package active dry yeast
- 1 egg, beaten
- 1 teaspoon salt
- 2 1/4 cups all-purpose flour

#### DIRECTIONS

1. Preheat oven to 425° F and grease 8 muffin cups.
2. In a large bowl, mix the shortening, sugar, and hot water. Allow to cool until lukewarm, and mix in the yeast until dissolved. Mix in the egg, salt, and flour.
3. Allow the dough to rise until doubled in size.
4. Divide the dough into the prepared muffin cups, and allow to rise again until doubled in size.
5. Bake for 10 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.