

TIP OF THE MONTH

Safe Lifting this Holiday Season

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



keeping your holiday season bright. When lifting large or heavy objects, make sure to:

- 1. Size up the load:** Check to ensure the load is stable and balanced.
- 2. Plan the job:** 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. Establish a base of support:** 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. Bend your knees, keep your heels off of the floor and get as close to the object as possible:** Always lift with your legs and not your back.
- 5. Be certain you will be able to maintain a hold on the object without having to adjust your grip later:** You can use gloves to help maintain an adequate grip, but don't rely on gloves because they can de-sensitize the fingers making you unable to feel the object.
- 6. Lift gradually** with your legs without using jerky motions.
- 7. Keep the load close to prevent arching your lower back.** 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.
- 8. Pivot:** 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 on the PTandMe.com website. If you are experiencing persistent pain, please stop by or call. We want to help you to be at your best this holiday season. Have a Happy Thanksgiving!



Low Back Pain (LBP)
Top 5 Exercises
to Reduce Back Pain

Featured Article: [Top 5 Exercises to Reduce Back Pain](#)

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



“Why do I even exist if I can't eat?!?!”

— Aubrey Miles, Age 8

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

Sweet Potato Pie:

This recipe comes to us from our friend Tina. This is a family favorite for her, so we couldn't wait to pass it on.



INGREDIENTS

- 2 prepared pie shells
- 16 oz can of sweet potatoes
- 2/3 cup melted butter
- 6 eggs beaten
- 2/3 cup milk
- 1 tsp baking powder
- 2 tsp nutmeg
- 2 tsp vanilla
- 2 cups sugar
- Pinch of salt

TOPPING: Whipped Cream

DIRECTIONS

1. Preheat the oven to 350°.
2. If using a refrigerated pie crust, unroll onto the pie plate and put it in the oven for about 7 minutes and remove.
3. Mix the rest of the ingredients together in a bowl.
4. Once thoroughly mixed, pour the filling evenly between two pies.
5. Bake for 30 minutes.
6. Add whipped cream to the top and enjoy!