



## TIP OF THE MONTH

## Pain-Free Spring Cleaning: 6 Quick Tips

It's that time of year for cleaning out the cobwebs, de-cluttering and rearranging

our homes. Some of us enjoy the task while others dread it. From muscle strains to home falls, there is no shortage of things that can go wrong, but we have compiled a list of 6 tips to help you minimize injury. Follow these to have a safe and productive spring cleaning!

### 1. Don't rush because you are tired or in a hurry.

Spring cleaning can be tiring work. Do not forget safety, even if you have worked hard all day and are pushing to get it done. The better thing to do when you are exhausted is to stop and take a break. Drink a glass of water, sit under a nice cool fan, and rest instead of being unsafe.

### 2. Use proper lifting techniques when moving large pieces of furniture and appliances.

[Use proper lifting techniques](#) by keeping your back straight and lifting with your legs. Also, wear closed-toed shoes. Finally, if you feel it is too heavy and you can't find someone to help or do it for you, don't move it. It won't be the end of the world to clean around it. Always have spring cleaning safety in mind.

### 3. Be safe while on ladders and step stools.

When washing windows or cleaning gutters, and you need to be on a ladder, [refer to our list of safety tips](#). Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder. Also, have someone available to hold the ladder steady for you if possible, and make sure before you step on them that the rungs are dry and you are wearing non-skid shoes.

### 4. Be careful when walking on wet surfaces.

Everyone knows how easy it is to slip on a wet floor. Make sure you take the proper precautions to keep from falling. Also, make sure others in your family, including children, are also warned of the wet floor to keep them safe.

### 5. Keep stairs, landings, and walkways clear of boxes, bags, and other clutter.

Spring cleaning is a great time to de-clutter your home, but you need to make sure all the boxes and bags of stuff you are getting rid of don't [become a fall hazard](#). Place them outside walkways and especially away from steps and stairs where someone may trip on them.

### 6. Don't carry too much stuff at once, especially on stairs.

During spring cleaning, you will also probably go up and down your stairs a lot carrying things if you live in a home with stairs. Make sure you keep a hand free to hold onto the stair railing. Whether you have stairs or not, always make sure you can see over the load you are carrying.

If you are experiencing pain or injury, please reach out. We can evaluate your pain and provide corrective action to help you feel great!

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



*“Spring will come and so will happiness. Hold on. Life will get warmer ”*

— Anita Krizzan

## 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

### Chocolate Banana Peanut Butter Smoothie

This recipe was given to us by a friend of ours in Oregon. If you are looking for a new drink packed with protein — this is it!



#### INGREDIENTS

- 2 cups of ice
- 1 banana (frozen or fresh)
- 1/8 cup of PB2 Powdered Peanut Butter
- 1/2 cup plain Greek yogurt
- 1.5 teaspoons of honey (or to taste)
- 1/2 cup unsweetened chocolate almond milk
- 2 scoops vanilla protein powder

#### DIRECTIONS

1. Mix all ingredients in a blender until smooth
2. Serve cold and enjoy!



### GARDENING ERGONOMICS

#### Featured Article: [Gardening Ergonomics](#)

While the warmer weather brings on a new sense of happiness and energy, it's important to use proper body mechanics and follow general safety. Here are a few tips to make your gardening experience more enjoyable and less painful...[More](#)