



### TIP OF THE MONTH

#### Deck the Halls with Our Lifting Safety Tips!

During the holidays, back injuries become more prevalent as people maneuver themselves up and down ladders and stairways. 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 shoulder-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 sure 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 desensitize the fingers making you unable to feel the object.

##### 6. Lift gradually

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.

Whether at home or at work [safe lifting practices](#) can keep your back healthy and safe. Before lifting heavy objects decide how you will lift carry & place the item before you pick it up. If you are experiencing persistent pain, don't hesitate to get in touch. We want to help you to be at your best this holiday season.

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

• • • • •

***"You can give without loving, but you can never love without giving."***

— Robert Louis Stevenson

## 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

### Holiday Roasted Vegetables

This is a great side dish for holiday parties and get-togethers. The fact that it's healthy is simply a bonus! [Click Here](#) for the original recipe.



### INGREDIENTS:

- 1/4 cup olive oil
- 3-4 medium carrots, peeled and cut to 1-1/2 inch chunks
- 1/2 lb Brussels sprouts, halved
- 1 pound baby red potatoes, halved
- 1 red onion, cut into 1-inch pieces
- 1lb sweet potatoes, peeled and cut to 1 1/2-inch thick slices
- 3/4 tsp dried oregano
- 3/4 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried basil
- Salt & pepper to taste

### DIRECTIONS:

1. Preheat the oven to 400° and prep the vegetables
2. Put veggies in a large bowl & drizzle with olive oil and spices
3. Mix together until everything is evenly coated and spread out on a large tray
4. Bake for 40 mins flipping halfway through & serve

