



TIP OF THE MONTH

Don't Pull a Griswold and Fall Off the Ladder

Whether you're putting up lights, or cleaning out gutters, many of us find ourselves on a ladder this time of year. We want to help keep the holiday season injury and fall-free. Did you know that according to a report published by the US Consumer Product Safety Commission in Jan 2023, [over 500K people each year are treated for ladder-related injuries](#)? Pair that with cold weather and joints that may not be as nimble as they used to be, we really need to be careful. Our goal this month is to keep you on the ladder and out of the ER so that you can celebrate the holidays without pain. Let's start with the basics.

What are some of the more common causes of ladder falls?

According to the [International Association of Certified Home Inspectors](#), there are 5 main causes of ladder injuries. These are:

- Overreaching while on the ladder
- Missing the last step when climbing down
- Mounting or dismounting the ladder improperly
- Losing one's balance
- Failing to set up the ladder properly

How do I Avoid these Common Mistakes?

Well, we're glad you asked! To start you'll want to use the right type of ladder. When it's time to clean the gutters or do some holiday decorating the two ladder types best suited for the job are extension ladders and A-frame ladders. Then you'll want to set up the ladder correctly, making sure it meets your height needs, doesn't have an opportunity to slip or fall away from you, etc. This is easily done by going through the [American Ladder Institute's safety checklist](#) or by downloading the NIOSH Ladder Safety App. This app can help you angle and position your ladder safely.

In addition to setting up your ladder properly, take some time to make sure that you have taken the proper safety precautions. These include:

- If you feel tired or dizzy or are prone to losing your balance, stay off the ladder.
- Wear clean slip-resistant shoes. Shoes with leather soles are not ideal for ladder use as they are not considered sufficiently slip-resistant.
- Maintain 3 points of contact with the ladder when climbing (two hands and a foot, or two feet and a hand).
- Only one person at a time should be on a ladder unless the ladder is specifically designed for more than one climber (such as a Trestle Ladder).
- Never jump or slide down from a ladder or climb more than one rung/step at a time.

Ladders can be hazardous when not used properly, so please take advantage of the safety precautions above. 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! whether or not physical therapy may be the best choice for care. We wish you a pain-free holiday season!

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



"Have a heart that never hardens, and a temper that never tires, and a touch that never hurts."

— Charles Dickens

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

Christmas Tree Charcuterie Board

If you need a super cute party dish, this is something you can make easily. Feel free to sub in your favorite meats, cheeses, and fruits!



INGREDIENTS:

- A box of crackers
- 1 cup each of cubed cheeses or sliced meats
- 1-2 cups each of your favorite red and green fruits
- Cherry tomatoes or cranberries for decoration
- Fresh Rosemary sprigswalnuts

DIRECTIONS:

1. Starting near the bottom of your cutting board, arrange your first food choice to create the base of your tree, and add a thin layer of rosemary between each layer to separate ingredients.
2. Continue alternating your fruits, cheeses, and meats making each row smaller, so you end with a nice triangle.
3. Use a cookie cutter to make a star for the top, add a few crackers for the trunk, and add your choice of garnish décor on top.



REDUCING HOLIDAY STRESS



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