

Your FusionPhysio Fix:

Don't get the first snow dump get you down and out...simple tips to avoid injuries!

It doesn't happen often but yes, every year we may have a "little" snow sprinkled on us. Otherwise, would we feel left out by the rest of Canada who deal with the white stuff for months.

Handy tips to hopefully avoid getting a sore back during or after shoveling:

*Buy a good working ergonomic shovel with a bend in the shaft. With this unit you don't have to bend down as low and this way you lift the shovel with snow up closer to your body.

*Warm up the back with doing a few back twists and side to side bends follow with a few knee bends before you get out. You may feel silly but that is better than a sore back!

*Avoid reaching and twisting too far forward or sideways.

*Be sure to bend the knees and have one leg in front of the other when shoveling. When you lift up the shovel use your legs as you do when doing a lunge. Leg muscles are very large compared to your small back muscles and there is a reason for that. Change frequently which leg is forward so you change the load from one side of the body to the other side and even it out.

*Take mini breaks and stretch you back backwards when you are standing up straight with your hands on the back of your pelvis, gentle push with your hands towards the front so you low back arches.



*Don't overload the shovel. Smaller amounts are easier on your back.

*Break up clearing the snow in stages if needed to. Try 20 min at the time stretch the back out and do another activity before getting back to it again

*Change your grip (left hand up, right down and vice versa) on the shovel every few minutes. This changes the loading from just using one side all the time.

***Most important tip, stretch out your lower back after you are done before you sit down for the rest of the day. See exercise sheet attached.**

Hopefully these tips are helpful and get you injury free through the short but intense west coast winter.

If any lasting discomfort or questions, please visit the FusionPhysio team for an consult at our website: www.fusionphysiochilliwack.com or 604-798-4466

Remmert Hinlopen, local physiotherapist.

Lunge Forward when you shovel snow

Preparation:

- Stand tall

Execution:

- Lunge forward and return back to the middle
- Repeat with both legs
- Keep the back straight and bend from the hips and knees when going up and down



Start position



Lunge forward

Repeated Lumbar Extension every 10 min when you shovel snow.

Reps: 4 | Hold: 20 sec | Rest: 10 sec | Intensity: gentle

Preparation:

- Stand with good posture, feet shoulder width apart
- Position your hands on the backs of your hips

Execution:

- Lean back, far as you comfortably can
- Slowly return to the start position
- Repeat



Start Position



Lean back

Level 1 low intensity, Prone Extension lying on the floor or your bed.

Hold: 4 min | Intensity: gentle | Duration: 2x a day | Frequency: 2 x

Execution:

- Lay on stomach
- Prop up on elbows
- You may want to put some pillows underneath your pelvis and chest



Lie on stomach, up on elbows. Use pillows for support.

Lumbar Extension | Prone on Elbows

Reps: 5 | Hold: 30 sec | Rest: 10 sec | Intensity: gentle | Frequency: 2 x day

Preparation:

- Lie on stomach, hands beside your shoulders.

Execution:

- Push with your arms up on to your elbows
- Hold
- Hold the neck in neutral



Rise onto elbows

Trunk Stability Rotation | Hands Behind Head

Reps: 5 | Hold: 5 sec each side | Rest: 10 sec | Tempo: controlled | Intensity: gentle | Duration: 2x day | Frequency: 2 x

Preparation:

- Lay on back, hands behind head, knees bent

Execution:

- Drop knees to one side
- Maintain contact of lower back, elbows and hips to the floor as you move
- Go as far as when you feel a stretch in your back, don't push beyond!



*Hands behind head,
elbows touch floor*



Rotate with control



Return to start



*Roll knees to the other
side*



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