

## **LOCAL CHIROPRACTOR RECOMMENDS SAFELY REMOVING SNOW**

Mahopac New York, *January 11, 2010* – Dr. Donna Restivo of Mahopac offers the following recommendations for safely removing snow without injuring your neck, shoulders and back.

For those of you living in a climate that receives snow, you know what a chore shoveling this heavy stuff can be – and what a strain it can place on your neck and back muscles. One way to make removing snow easier on your body is to use a push blade with wheels, a snow scoop, or a push snow shovel instead of a typical snow shovel. Shoveling strains your neck muscles, but pushing does not. If the snow is too deep, use a snow blower to clear your path.



**Dr. Donna Restivo  
Chiropractor**

Follow these snow-shoveling guidelines to avoid hurting your neck and back:

- ✓ Try to shovel the snow when there is only a little snow on the ground, no more than two to four inches. It will be looser and lighter. You will, of course, have to shovel more often during a snowstorm, but this is healthier for your neck and back than is lifting heavy snow.
- ✓ Never shovel hard-packed, partially frozen snow. Only shovel loose snow. Hard-packed snow, or frozen snow, is too heavy. Breaking it loose, then lifting a heavily loaded shovel will hurt your neck, shoulder and back muscles.
- ✓ Push the snow to the side of a walkway or driveway, rather than shoveling the snow.
- ✓ Make sure your shovel is as sharp as a knife.
- ✓ Use an ergonomically correct shovel with a handle on it.
- ✓ Place one hand mid-shaft for easier shoveling.
- ✓ Shovel only small amounts. Large amounts are too heavy and can strain your muscles.
- ✓ Don't reach or stretch. Move closer to the area you are shoveling.
- ✓ Keep the loaded shovel as close to your body as possible.
- ✓ Bend at the knees and hips, keeping your back and neck straight.
- ✓ Use your thigh as a fulcrum (teeter-totter) for tough shoveling.
- ✓ Don't twist your neck while lifting the contents of the shovel.
- ✓ Alternate your hands and feet frequently.
- ✓ Only throw the snow you are shoveling a short distance from your body. The further you throw the snow, the more you will strain your neck muscles.
- ✓ Take frequent breaks to rest your muscles.

Do you have a question regarding neck, shoulder or back pain or any other health problem? If so, you can contact Dr. Donna Restivo at 845-628-6286 or e-mail her at [dr.donna82@gmail.com](mailto:dr.donna82@gmail.com) or visit her at 822 South Lake Blvd. in Mahopac New York.