



# Get the Scoop on Shoveling



## Did you know ...

- Each year shoveling & snowblower injuries result in 100 000 serious emergency visits in North America
- Elderly individuals and those with a history of heart problems are the most at risk of a shoveling injury
- Many 'winter' physiotherapy patients' injuries are due to aggravation of a previous injury/strain

## Tips on how to prevent a shoveling injury:

- Use a lightweight (max. 3lbs), non-stick, push-style shovel
- Using a bent/'ergonomic' shovel can help your lower back
- Large shovel = pushing; small shovel = scoop/lift
- Maximum safe lifting rate = 15 scoops/min. (max.10-15lbs)\*
- Max. 15-min. interval with 2-3 minutes rest\*
- Ideal throwing = no higher than 4 feet (1.3m) and no further than 3 feet (1m)\*
- Take your time!

## Did you know physiotherapy can help...

- Reduce your pain and inflammation
- Teach you how to prevent and avoid overuse and repetitive strain injuries; and teach you how to shovel safely
- You become more aware of your personal risks and safety

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1257 Algoma Rd.  
(off Star Top Rd. & Innes Rd.)

613-749-6868

[www.finetouchphysio.ca](http://www.finetouchphysio.ca)

