

# JOINT EFFORT NEWS

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## Love is:

- ♥ Love is a canvas furnished by nature and embroidered by imagination. –Voltaire
- ♥ Love is the greatest refreshment in life. – Pablo Picasso
- ♥ True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked. – Erich Segal
- ♥ Love is what you've been through with somebody. – James Thurbers
- ♥ Love is the poetry of the senses. – Honore' de Balzac
- ♥ Love puts the fun in together, the sad in apart, and the joy in a heart. – Authur Unknown
- ♥ Love is an endless act of forgiveness, a tender look which becomes a habit. – Peter Ustinov
- ♥ Love is the most important thing in the world, but baseball is pretty good too. –Greg,

## Love your Back Month Managing Spine and Disc problems

Whether it comes as the sharp pain of a sudden injury, an occasional twinge, or a constant daily ache, back pain can interfere with your life. Striking four out of five people sometime in their lives, back pain may develop because you move incorrectly or have a sedentary lifestyle-and move too little. Or you may have fallen into the "weekend athlete" trap, where you exercise only once in awhile. Whatever the cause, Joint Effort can help teach you how to reduce and prevent your back pain.

Good body mechanics are the key to a healthy back. Knowing how a healthy spine works may help you understand how moving wisely can protect your back and keep it free of pain. Our team at Joint Effort have developed a spine care program that can help alleviate your back pain and to prevent any future back injuries. If you want to learn more about back care, please give us a call.

## BACK CARE BASICS

- ♥ Maintain the normal curves of the back.
- ♥ Plan your movement ahead of time.
- ♥ Ask for assistance when appropriate.
- ♥ Do not remain in one position for extended periods of time.
- ♥ Pivot your feet when moving, don't twist your back.
- ♥ Keep your stomach muscles firm while lifting and participating in daily activities.
- ♥ Keep items close to the body when lifting or carrying.
- ♥ Lift with your legs, not with your back.
- ♥ When in doubt-ask your therapist or doctor.

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## Snow Shoveling Tips

- ♥ If your at high risk of heart disease or high blood pressure, check with your doctor before shoveling.
- ♥ Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Be sure to stretch your arms and legs.
- ♥ Pick a smaller blade shovel that will require you to lift less snow, putting less strain on your body.
- ♥ Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements.
- ♥ Drink plenty of water to prevent dehydration.
- ♥ Most importantly-listen to your body. **STOP** if you feel pain!