



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Keep Your Spine In Shape to Tackle Your Yard This Fall

An October 10, 2003 article from PRNewswire reports on a release from the American Chiropractic Association that advises people to be careful when engaging in fall or yard activities. The article begins, "Before you rev up the lawnmower or reach for your rake this fall, consider the possible consequences: upper or lower-back strain, neck strain and pain in the shoulders."

In the article the American Chiropractic Association offered the following tips to help prevent spinal problems:

- Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to-chest pulls, trunk rotations, and side bends with hands above your head and fingers locked. Take a short walk to stimulate circulation. When finished with the yard work, repeat the stretching exercises.
- Stand as straight as possible, and keep your head up as you rake or mow.
- When it's still warm outside, avoid the heat. If you're a morning person, get the work done before 10 a.m. Otherwise, do your chores after 6 p.m.
- When raking, use a "scissors" stance: right foot forward and left foot back for a few minutes, then reverse, putting your left foot forward and right foot back.
- Bend at the knees, not the waist, as you pick up piles of leaves or grass from the grass catcher. Make the piles small to decrease the possibility of back strain.
- When mowing, use your whole body weight to push the mower, rather than just your arms and back.
- If your mower has a pull cord, don't twist at the waist or yank the cord. Instead, bend at the knees and pull in one smooth motion.
- Drink lots of water, wear a hat, shoes and protective glasses. And, to avoid blisters, wear gloves. If your equipment is loud, wear hearing protection. If you have asthma or allergies, wear a mask.
- Try ergonomic tools. They're engineered to protect you when used properly.
- See a doctor of chiropractic.

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

220 South Business Park Drive Unit A-4 Oostburg, WI 53070 **phone** 920.564.6061 **fax** 920.564.6081