

Spring Back Into Action

How to Protect your Joints & Muscles

It is important to avoid stress to your joints and muscles to prevent an injury. Working easier by focusing your energy towards certain tasks will help you minimize physical demands, which may lead to injuries. It may be necessary to modify how and when you do a task in order avoid unrealistic work demands on your body. Consider the following tips to work a little easier and safer this spring season.

Pace Yourself and Save Energy

Saving energy by balancing rest and activity allows you to replenish your energy and safely accomplish everyday tasks. Please follow the guidelines below:

- Rest before you feel tired, always stop and rest for few minutes whether you have finished the task or not.
- Try to alternate easy tasks with hard tasks and spread out activities over the entire day.
- Allow enough time for each activity. Also avoid doing activities in extremes temperatures and humidity.
- Accept and hire help for situations that you cannot do and use your energy for things you can do.
- Most importantly, hydrate yourself with a lot of water during activities

Services we offer

Physiotherapy

Massage Therapy

Acupuncture

Custom Orthotics

Custom Braces

MVA/WSIB/extended

health claims

Organize

- Organize frequently used items in places where it's easy to reach and seldom used ones out of the way
- Organize the work so that you can alternate easy tasks with hard tasks and spread out activities over the entire day
- Ensure good lighting and ventilation.

Use Proper Body Mechanics

Remember:

- Plan out your daily schedule
- Prioritize your list of tasks so you get the most important things done first
- Pace yourself so you can do more through the day

- Poor body mechanics can often result in stress on the spine and can cause joint and soft tissue injuries.
 - Always use both hands to lift and push objects
 - Bend at the knees to lift objects from the floor. Never bend down from your back. This will help when gardening this season.
 - If possible try to slide heavy objects or split them into smaller loads.
 - Do not lean forward with your back unsupported for long periods.
 - Keep one foot up on a low stool / block while standing.
 - While using small tools, ensure to use your larger joint movements like shoulder and elbow than movements in your wrist or hand
- Push rather than pull
 - Standing takes more energy than sitting.
 - Work done with your arms takes more energy than work done with your legs

Use the Right Tools & Assistive Devices

- Using proper tools and assistive devices will improve safety and reduce injuries. Consider the following options:
- Use carts, turntables, height adjustable tables;
- Try to use long handled garden tools to avoid bending too far;
- Cut open sealed bags; do not tear them using your hands;
- Ensure proper grip on tools that cover the whole hand with no pressure points;
- Look for tools that are lighter, produce less vibration;
- Use personal protective equipment like use knee pads, padded gloves etc.



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