

# Healthy Snow Removal



Snow removal can create some unwanted consequences; particularly: cardiovascular issues and back injuries. You can minimize the risks.

## 5. Warm Up Exercises

\*Warm up can help prevent injury...it can be walking, or ...

\*Any movement to increase body temperature to start.

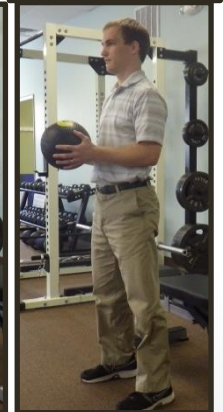
1. STANDING TO SITTING is a good start (below right).

2. GOLFER'S LIFT/LUNGE in a stagger stance-repeat from leg to leg. Step back and use the front leg as support if it feels more comfortable (below)

3. HIP FLEXION (above-top)



4. Upper Trunk Twisting-(above)  
Limit low back twist  
5. Back Extensions-(to the right)



**Approach snow removal with pacing and moderation: low temperatures increases the risk for heart attack or stroke.**

Above is a good warm up and exercise, but use a stagger stance in shoveling

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## ??? Lift with the legs, not the back...bend at the knees???

These statements are confusing and based on misleading and perhaps out of date methods...

Here are some tips for proper movement patterns

- Bend at the hips but...
  - \*Maintain a “neutral spine,” not hunching the spine over.
  - \*Limit twisting at the spine with feet planted, and try to pivot and step.

## Other Tips

- Use a plastic shovel blade (it’s lighter), also a curved, longer handle
- Avoid shoveling just after eating
- Push snow as much as possible rather than picking it up
- Don’t wait till the snow is deep, start early, and break the job up into shorter sessions rather than one big one!
- Go for smaller “loads,” rather than big ones and/or use a smaller shovel blade.
- Use a “Stagger Stance” (below)



Correct neutral spine posture in sitting



Posterior pelvic tilt with too much trunk flexion



Anterior pelvic tilt with too much trunk extension

Keep the back straight

Bend from the Hip

Bend from the knee



The back curved & twisted

Hips not bent

Knee is straight

