



Sno-worries

Many of us thought we had escaped a true Canadian winter...and then it hit us. Many of us had to shovel walkways and driveways multiple times on the snowy day of February 16th.

Somewhere in the back of our minds we reminded ourselves that we should be lifting with our legs and not our backs. This is easier said than done! When we lift and need to engage our back it's important to stabilize your abdomen. How do you do this? Imagine what you would do if a hit to the abdomen was coming your way- you would probably tense your abdominal muscles. This is what it means to activate your abdomen and is especially important when we are performing daily tasks such as lifting groceries or shovelling snow, so that our low backs are protected and supported.

Next time you're in for a massage, ask your therapist to check that your abdominal core is engaged so that when you find yourself shovelling or gardening or doing any activity that engages your back, you'll have no worries about your core.

Yours in health,

Erin, Karen & Erik

The Therapeutic Effects Team