

Beat the Cold: Stay Active By Orthopedic & Spine Therapy of Clintonville

It is that time of the year when the temperature starts dropping, and everyone stays inside to bundle up, staying warm next to fire, thinking how nice it would be if the snow would go away. However, one thing we typically forget to do is stay active during the winter months. There are no lawns to mow, flowers to be planted, leaves to be raked, or softball games to play. Why would we want to stay active and work out in sub-zero temperatures?

In physical therapy, we not only treat common physical ailments, but we also help to promote wellness and a healthy, active lifestyle. You do your body a good service by taking care of it during the winter, and you reduce your risk of injury when Spring and Summer come and you start being more active.

There are plenty of ways to get a good work out while the temperatures are low, and snow is on the ground. Purchase a good exercise video that challenges you and let the fun begin. You can also become involved at your local workout center, and take advantage of all the services provided through them. There are also several exercises that work well within the comforts of your living room or family room.

Even though the air is cold, you can still be active outside as long as you bundle up. Many people think of shoveling snow as a chore, but when done safely, it can be a great workout. Be sure to be mindful of your body mechanics by lifting with your legs, and not with your back. With each pound of snow and ice added to your shovel, the pressure put on your spine significantly increases, putting you at risk for injury, so be careful at how much snow you are shoveling each time. Also, be sure to work the other side of your body by switching hands on the shovel every so often. And remember good body mechanics and posture, please.

Last, but certainly not least, is having fun in the snow. We are never too young to build snowmen, and rolling a big snowball across the yard is a great way to get a full body workout, plus the snowball gets bigger the further you roll it, making it harder. Sledding, skiing and just having fun with a snowball fight are great ways to stay in shape.

The local gyms, schools, and physical therapy offices are excellent resources for the services they provide to get you started, and to keep you going. They also offer consultations, exercise classes, and literature that you can use as a guide. As much as we love to treat our patients, many of the injuries that we see are preventable. We would not be doing our jobs if we did not educate on the importance of staying active and offering home exercise programs to reduce the risk of a future injury. So do yourself a favor, and get moving this winter. Your body will thank you for it later.

Keywords: winter activities, staying active, prevention, home exercise programs, physical therapy, active lifestyle