



## Preventing Back Injuries This Snow Season

### Greetings!

It's beginning to look a lot like winter now! The snow is falling, and that means shovelling will be on our list of things to do. Often linked with back pain and injuries, this activity doesn't have to result in these affects. With proper techniques, stretching, and strength exercises, this winter won't be one to get you down.



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### FEATURE ARTICLE



*Lift Light, Shovel Right*

The Ontario Chiropractic Association

"Developed by the OCA, the 'Lift Light, Shovel Right' campaign was developed in 2003 to inform the public about the risks associated with clearing snow, after a Pollara survey of 500

### FEATURE WORKOUT



*Exercise for Shovelling*

Bent Over Row - BodyBuilding.com

A compound strength exercise used to strengthen the mid-back, as well secondary muscles: Lats, Biceps, and Shoulders. Performed properly, this exercise can aid in the

Ontario Chiropractors concluded that snow shovelling was a leading cause of back injuries during the winter months. The program features a full-colour tri-fold brochure."

-Ontario Chiropractic Association

(<https://www.chiropractic.on.ca/winter-shovelling>)

### Lift Light, Shovel Right Brochure



shovelling movement and help to prevent injuries.

### Exercise Demonstration



## FEATURE PRODUCT

### *Auum Omega 3-D Boost Capsules*

"This is the best omega 3 oil I have used and highly recommend it for joint pain!"

**Dr. Stephanie Adey**

Help support your joints, cardiovascular and nervous system with **Auum Omega 3-D Boost Capsules!** An excellent source of mammalian omega 3 including EPA, DHA and DPA.

Read more here: [Auum Omega 3-D](#)

or

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