



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

December, 2009

Giving you information and answers to any physical therapy, health or fitness related questions

Are you a victim of the holiday season??

I hope everyone is having a wonderful holiday season. Winter is upon us (I'm typing this as I look at 16 inches of snow in my driveway) and the end of the year is coming soon. We've had a great year, keeping busy by getting you better.

If you're like most people, you have a ton of gifts to buy (some of which you still haven't bought) and you've been braving the malls for the past 2 weekends. Be careful out there! Too much shopping can land you back into my office. Here's an often overlooked habit that frequently causes neck or shoulder pain. Carrying heavy bags.

Carrying all of those heavy packages can be a real pain in the neck (literally). Carrying heavy bags for even just ten minutes can cause enough strain on your muscles in your neck and shoulder to cause an injury, especially if you tend to always carry the bags in the same hand.

Here's what you should do: If possible, always use a cart for heavy items. If a cart is impractical then make sure you distribute the weight of the bags evenly on both of your hands. Another option is to carry them on your shoulder instead of with your hands. That will cause less of a strain even though the amount of weight is still the same. Finally, take breaks if you can. Rest those weary arms at the food court or on a bench, relax, and watch all the other shoppers racing around the stores. There's nothing worse than a stiff neck when you have to give out all of those kisses and hugs during the holiday season.



Next Step Physical Therapy would like to wish all of you a Merry Christmas, a Happy Chanukah, and a Happy New Year!!!!!!

Tennis anyone???

I just wanted to let you know that I will be writing a regular column in a local tennis magazine. Long Island Tennis (www.LItennismag.com) is a great magazine featuring tennis within the long island area. If you're interested, please check it out. I believe my first column is set for the January edition. It is distributed for free at local tennis clubs, grocery stores and I'll have a few in the office.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

What are 3 tips to avoid straining your neck when shopping??

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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