

## TUDOR FOCUS

”There is NO need to suffer, let us help”

Take the advice of TuDor Physical Therapy and you'll be in peak shape when shoveling your first scoop. Snow removal can wreak havoc on your back and shoulders. Using the wrong body mechanics when shoveling snow can place a tremendous amount of stress on the spine and upper extremities. Shoveling can also lead to muscle strains, falls, or more serious back and shoulder injuries. Below are some tips to help you prevent injuries and unnecessary pain during the winter months:

**NOT ALL SHOVELS ARE THE SAME:** The American Physical Therapy Association suggest using an ergonomic snow shovel that may be adjusted to your height or have a curved handle. These shovels can help to minimize bending. If you cannot obtain one of these shovels, try to get a smaller lightweight shovel that will not allow you to pick up too much snow at once.

**SOUNDS SILLY, BUT WARM UP FIRST:** Muscles are more prone to injury when they are cold and tight. It is recommended that some light exercise be done before you dig into the snow. Before shoveling, take some time to stretch your major muscles including your back, neck, legs, and arms.



**SAFE TECHNIQUES:** \*Pace yourself. It is not a race! \*Face the object you intend to move, do not stand sideways. \* Bend at the hips and knees- lift with your legs to keep your back straight. \* Keep the shovel in close to the body to take stress off the shoulders. \*Keep the load light. \* Do not twist, always pivot your whole body. \* Walk to the location to empty your shovel, rather than reaching or tossing. \* Watch your footing. Be sure to have good traction. \* Spread salt or kitty litter on the ground to prevent slipping.

Try to remember these tips while shoveling and avoid serious injuries this winter. If you do experience any injury, we hope you will look to TuDor Physical Therapy Centers for a speedy recovery.



Austintown  
Ph. 330.270.5410

Boardman  
Ph. 330.965.9330

Columbiana  
Ph. 330.482.3680

Cornersburg  
Ph. 330.799.6298

East Liverpool  
Ph. 330.382.9950

Newton Falls  
Ph. 330.872.7242

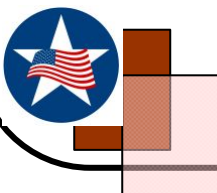
Warren  
Ph. 330.372.0207

## Support Our Military

TuDor Physical Therapy has recently received written recognition from the Governor of the State of Ohio, Ted Strickland for being a Patriotic Ohio National Guard Employer. One of our therapist Sergeant First Class Todd Szabo is currently serving a year long tour of duty in Iraq.

We are also proud to employ a member of the Airforce Reserves, Captain Devin Witt. Tudor would like to say as a company and as individuals, we are very proud of the soldiers that make our country the . . .

LAND OF THE FREE AND HOME OF THE BRAVE.



## Announcements

Lymphedema Treatment Available in Warren  
TuDor Physical Therapy Centers has decided to expand the LYMPHEDEMA therapy services to our WARREN location. This expansion had become necessary after the growing response and excellent results our staff has been able to obtain. Over the past years our Lymphedema Program has been **NATIONALLY** recognized through the National Lymphedema Association. TuDor Physical Therapy Centers is one of the very few locations in the Community to offer Lymphedema treatment by **Certified Lymphatic Therapist** and **Certified Wound Therapist**. We offer a range of treatment methods to our patients including:

- Manual Lymph Drainage
- Decongestive Remedial Exercises
- Fitting for Permanent Garments
- Educate the patients and family members

3804 Elm Road -Warren, Ohio 44483 Phone: 330-372-0207

## LET US HANDLE YOUR THERAPY NEEDS!



### *We provide the following services. . .*

- Physical Therapy
- Occupational / Certified Hand Therapy
- Industrial / On Site Rehabilitation
- Sports Rehab
- Pain Management
- Lymphedema and Wound Care
- Pediatric Sensory Integration Therapy
- Orthopedic and Balance Rehab
- Therapy in the home setting

### *Seven Locations*

**Austintown:** 1570 S Canfield Niles Rd  
Phone : 330-270-5410

**Boardman:** 7620 Southern Blvd S-3  
Phone: 330-965-9330

**Columbiana:** 319 North Main Street  
Phone: 330-482-3680

**Cornersburg:** 2959 Canfield Road  
Phone: 330-799-6298

**East Liverpool:** 332 W. Sixth Street S-B  
Phone: 330-382-9950

**Newton Falls:** 17 East River Street S-A  
Phone: 330-872-7242

**Warren:** 3804 Elm Road  
Phone: 330-372-0207

Additional information about our programs is available by visiting our web-site.

ASK A THERAPIST AT. . .

[www.tudorthrapy.com](http://www.tudorthrapy.com)



CHANGING LIVES FOR THE BETTER

