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HOLIDAY HAZARDS: AVOID THE HOSPITAL IT'S YOUR MOVE... LET'S DEMONSTRATE PREVENTION

itsyourmove.com

(Washington, 12/10/08) Physical Therapists want you to spend the holidays at home, not in the hospital. The holiday season brings plenty of hazards... including run of the mill decorating! Give us a call, Physical Therapists with *It's Your Move* want to show you proper decorating techniques to prevent injuries and broken bones.

**From the National Safety Council: decorating causes about 5,822 injuries between November and January...
43 percent related to ladders**

It's Serious...Pelvic fractures, broken bones, head trauma, or worse!

It's Your Move physical therapists can teach you how to enjoy a physically pain-free holiday. Debbie Peterson with It's Your Move says, "*Our patients start moving fast, and try to squeeze in as many activities as possible. **They forget how to safely reach, lift and climb.***" Physical Therapists with It's Your Move can also get you conditioned for snow shoveling. Peterson goes on to say, "*The snow and ice bring in all kinds of patients to our clinics, young and old. This time of year can be hard on you physically. **It's more fun to provide prevention tips than treatment.***"

Simple Steps to a Safe Season

- Know your surface
 - Watch for ice and other ladder obstacles
- Get a Grip
 - Proper shoes to avoid slipping
- Find a Partner
 - Someone to support your ladder
- Don't Reach Too High
 - Risky to lean in or reach to far
- Find your balance
 - Solutions to keep you on your feet

Remember, it's your legal right to choose your own physical therapist. Choose the therapist that's best for your family. Visit www.itsyourmove.com.

For interviews with conversational PT's and great demonstrations, call Lucinda Kay: Office/509-325-3623 or Cell/509-280-6237.