

Snow Shovelling: Avoiding Knee Injuries

Avoid extra risk of knee injuries when snow shovelling by following a few simple guidelines that will keep you and your loved ones safer through the winter season. One of the most common injuries to knees during shovelling is to the shock absorber in the knee called the meniscus.

Important Points:

**Meniscus injuries can easily occur when the knee is loaded and then twisted.
Approach shovelling with an awareness of your body alignment.**

The Movement

The way we approach snow shovelling is important so that we don't put ourselves at extra risk. Remember to stay aligned: keep your shoulders and knees in alignment when pushing the shovel filled with snow. If we are not aligned while the shovel is loaded with heavy snow and we twist, we can cause injury through that motion. So to warm up, make sure you're focused on aligning the shoulders and knees during those heavy shovel pushes.

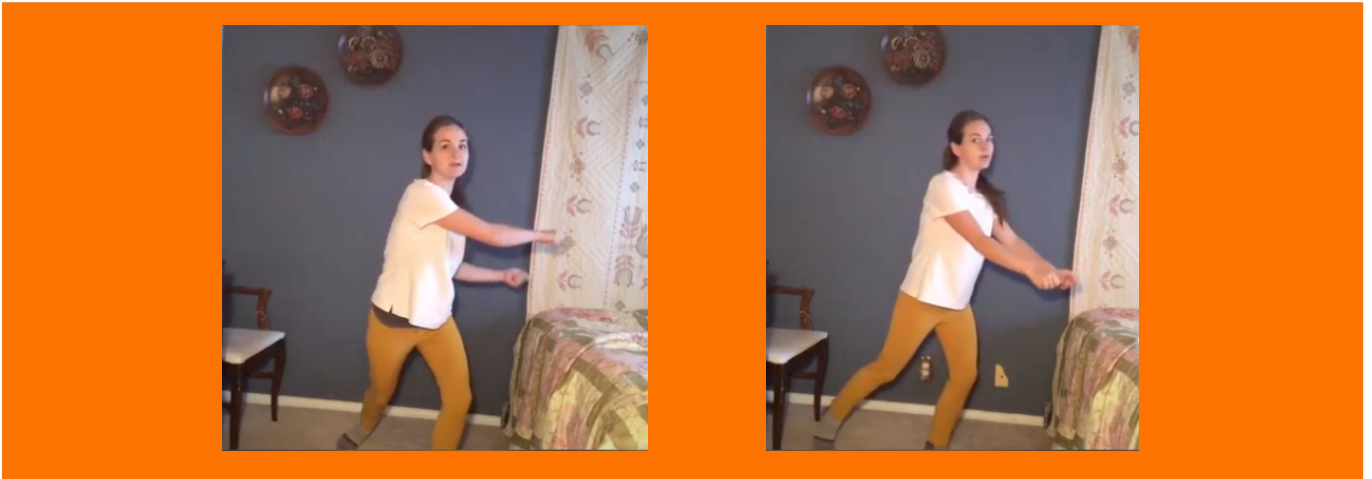
That's one small thing that can make a big difference!

You may want to investigate other movements and exercises which can help you with the strength of those supportive leg muscles which can help handle the force of that load and twist. Keep your knees strong with additional stretches and exercises.



A simple approach when life seems complicated

That's it!



If you have any questions, I always want to hear from you.

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