

# CHIROPRACTIC OUTLOOK

(photo)

By \_\_\_\_\_

FOR USE IN WEEK STARTING

April 4, 2011

NOTICE  
COLUMNS MAY BE USED ONLY DURING THIS  
QUARTER, AND ONLY IF LICENSE FEES, AS  
BILLED, HAVE BEEN PAID IN FULL.

## BE CAREFUL DURING SPRING YARD CLEANUP

Spring is here and the urge to get out in the fresh air and clean up the yard is a strong and understandable one. But after a sedentary winter, don't overdo it. And though power tools can take some of the physical stress out of the work, they pose their own potential for injury. The American Chiropractic Association recommends these precautions: If the equipment has a strap that helps with control and balance, be sure to use it. Loop the strap over your head onto the shoulder opposite the side on which you're going to use the equipment. Change sides and your stance periodically to balance the strain on muscles.

Take regular breaks. If you're in the market to buy clippers, an edger, trimmer or blower, bear in mind that electric-driven models are generally lighter than those with gas-powered motors. Hold the device as close as possible when using it. And when picking it up or putting it down, bend at the knees—not the waist. Let your legs do the heavy lifting. If you do overdo it, a visit to a chiropractor could be a good way to get yourself back into comfortable alignment. A chiropractor can also show you some exercises to keep yourself ready for physical activity.

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(name, address, phone)