

Stay Healthy During the Holiday Shopping Frenzy

The Holiday season is in full swing, which means that the shopping malls and mega stores will be busy with shoppers through the month of December.

TIP OF THE WEEK



4 EASY TIPS TO PREVENT INJURIES DURING THE HOLIDAY SHOPPING:

Although you might luck out with some great deals on gifts when hitting the stores, you could also be putting your body at risk for injury. Fortunately, there are things that can be done to prevent these injuries from occurring. Read below these easy tips to stay injury-free this holiday shopping season:

1. Make a plan

You can never be too prepared for a shopping trip! Maximize your chance for deals by planning out what shops you want to hit. Also don't forget to wear comfortable shoes and bring a water bottle along so you can stay hydrated throughout the day.

2. Prepare your body

Make sure to get your body ready for a long day of shopping before heading out the door. Try warming up with calf stretches, rotational stretches (twisting from back to front) and deep breathing exercises.

3. Pay attention to your posture

There are lots of lines when shopping for the holidays, from waiting to get into a store to waiting to actually check out. Make the most of your time in line by paying attention to your posture and performing inconspicuous exercises like calf raises, neck stretches and small squats.

4. Watch out for those heavy bags

Don't let your deals weigh you down and cause a back injury. Try to balance the load by carrying bags on both arms. If the bags start to get too heavy, don't hesitate to grab a cart or drop them off at your car if possible.

If a long day of shopping has left you sore with lingering aches and pains, make sure to schedule an assessment with one of our physical therapists at Scerbo Physical Therapy & Sports Rehabilitation. Our clinicians will work to help get you better so you can start the New Year injury free.