



Performance
Physical Therapy

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Tips for avoiding injury, aches & pains

Grocery shopping, looking for the perfect gift, purchasing clothing for the kids, searching department stores for the best bargains, walking the isles of home depot for household items – it seems that shopping is a necessity for us all.

Unfortunately we are all at risk of suffering from aches, pain and even injury when shopping.

Common complaints include strains and sprains to the low back, fingers and hands from carrying heavy loads and aching feet, knees and back from standing and walking for long periods of time.

Check out these tips to avoid these complaints.

⇒ Instead of attempting to carry 4 or 5 bags in 1 hand, carry 1 bag in each hand at a time to avoid straining fingers.

⇒ At the market avoid further strain on fingers by choosing paper over plastic bags and do not over pack bags.

Each year an average of 21,600 children ages 5 & under are treated for injuries associated with shopping carts. Falls account for 60% of the injuries, with boys more likely to be injured. Therefore always use safety belts and never let children stand in or push the cart

⇒ At the market or department store, use a trolley rather than a basket for the sake of your hands and to limit lifting/carrying and potential back strain.

⇒ When transferring bags from trolley to car use good technique. Avoid twisting your back by holding in stomach muscles and moving your feet to turn, rather than turning your body.

⇒ At the mall and in department stores wear sensible footwear – walking or running shoes, as unforgiving tiled floors can add strain to your lower body.

⇒ Take frequent breaks – shopping for extended periods can be tiring.

⇒ If you are injured and unable to get to the market, try using a delivery service. Check out these sites for Stop and Shop (www.peapod.com) and Munroe Dairy: (www.cowtruck.com)



Is this YOU when shopping? Then watch out - you are putting yourself at risk for an injury!



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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