

As we enter the holiday season, we'd like to wish you and your families a happy, healthy, and safe holiday. Atlas will be closed on 12/24, 12/25, and 01/01/2021 for staff to observe the holidays.

Tips to Avoid Backpain, Shoveling Snow:



-Stretch prior to shoveling. This will help increase blood flow and elasticity in muscles and soft tissue.

-Wear proper footwear. Boots provide traction in slippery conditions. Avoid standing and walking on icy spots.

-Find the right shovel. Depending on your height, you may require a longer or shorter handle. The correct length shovel for you should minimize bending at the waist. Shovels with a bent handle help with having the correct ergonomics and biomechanics.

-Bend at your knees, always. Keep your back straight to avoid excessive strain on your low back. When lifting snow, lift with your legs, not your back.

-Do not overextend or reach. Keep the shovel close to your body. The closer to your center of gravity the better to avoid excessive strain.

-Push snow when able, as opposed to lifting it.

-Avoid twisting motions. When turning is necessary, keep your shoulders aligned with your feet.

-Work smarter, not harder. Do not overload the shovel, especially when snow is wet and heavy. Take more scoops with less snow. Take frequent rests to allow your muscles to recover.

Meet Our new PTA, Amy!



Hi, my name is Amy. I am a Physical Therapist Assistant, who graduated from Penn State Hazleton in 2013. Since then, I have had advanced training in Myofascial Release, Vestibular Rehabilitation, and Deep Tissue techniques. I have a passion for helping people and making people laugh.

I enjoy spending my free time being active, including bodybuilding/powerlifting, spending time outdoors, as well as playing sports and reading.

Getting Fit at Home

The New Year brings an opportunity to hit the refresh button and reach towards new goals. Many of us take this as a chance to get healthy and fit, which might look a little different this year, with our access to exercise classes and gyms being limited or non-existent.

Luckily, there are many things you can do from the comfort of your own home. **Resistance Bands** are an excellent piece of equipment to have, as they provide the ability to get a full body workout, take up next to no space, and are inexpensive. The bands can be found in different levels of resistance to meet the fitness levels of all. Stay tuned to our Facebook page and website for a video of clinical director, Dr. Ryan Cavanaugh, demonstrating the exercises below. Resistance Band's can be purchased in our clinics, as well as from most fitness retailers.



Bicep Curls



Clam Band Squat



Rows



Overhead Side Press



Punches