Introduction to Snow shovelling

If you have pain or limitation and live in Greenville-Spartanburg SC, then call the rehab experts at Purposed Physical Therapy at (864) 881-1712 or you can fill out our New Patient Form by clicking HERE and we will call you!

Someone once said that there is one good thing about snow; it makes your lawn look as nice as your neighbors!

In some parts of the country it seems like the winter snowfall season is endless. The task of clearing snow from your driveway and sidewalk becomes a daily ritual as regular as

brushing your teeth. Unlike brushing your teeth, however, snow shovelling can be a demanding physical activity, and with any demanding physical activity, comes the potential for injury.

This part of our website is designed to assist you in preventing injuries during snow shovelling by helping you choose the best shovelling equipment, assisting you to prepare your body for the task, and by making you aware of the most common injuries that might occur. Let's face it, winter can be tough enough as it is without also being laid up by a snow shovelling injury!

Click on a link below to learn more:

- Selecting snow shovelling equipment
- Stretching Guide for shovelling
- Common shovelling injuries