

Holiday Safety Tips

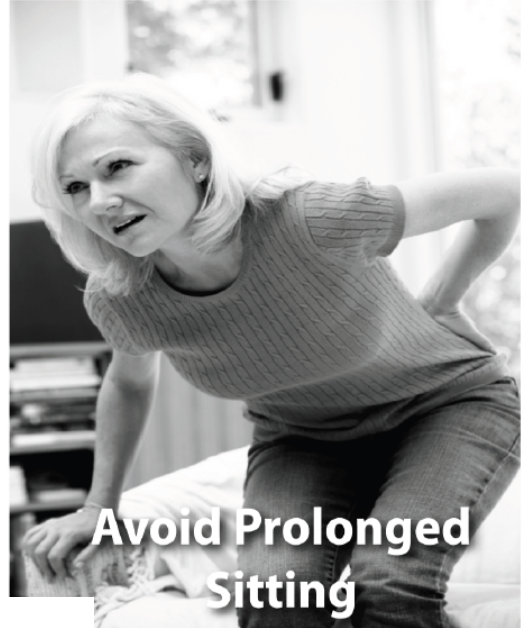
Avoid These Common Injuries of the Season!

LOWER-BACK

- Take the pressure off your back when prepping for meals by placing one of your feet on a small FOOT-STOOL.
- Avoid prolonged sitting. Get up for 1-2 minutes and that's all your back needs to recuperate.
- Use smaller garbage cans for your guests and make taking out the trash easier and safer on your low-back and shoulders.
- Avoid twisting when carrying heavier items such as laundry, dishes, turkey, groceries, etc. Keep them close to your body and do NOT twist or slouch.

FALL INJURIES (wrist/arm/hand/hip)

- Use a wrist brace this season when hiking, or decorating and you might avoid a visit to the emergency room. Wrist fractures are very high during this season!
- Remove clutter, rugs, and toys from the floor to avoid tripping and falling. Falls are at an all-time high during this season.



Share This Flyer With A Patient/Friend!

1-Free 830 Laser Pain Relief Treatment

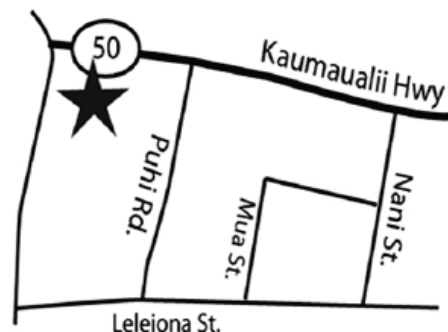
First 50 People Only - Go to kit-therapy.com for more info

Be Free From Pain
Schedule your appointment today.



Kauai
Therapy & Wellness®
And in Home Services

Physical.Occupational.Speech & Massage



**Next To Harley Davidson

Ph: (808) 333-3688

Fax: (808) 431-4244

Toll Free: 888 332 6266