

SPRING CLEANING AND INJURY PREVENTION

After an unusually cold and wet winter, spring is finally here! But with spring comes spring cleaning. As we work diligently to clean our homes, weed our yards, and get that grill ready to go, make sure you are following some easy rules to prevent injuries.

1. When lifting, keep your feet shoulder width apart and back straight. Don't forget to lift with your legs.
2. Make sure if something is too heavy, get help lifting or moving it.
3. Don't overreach when cleaning. Use a step stool to get to hard to reach areas. And avoid using furniture as a step; it can be unsteady.
4. Use a pad to kneel on when working in the garden.
5. Avoid repetitive motion when digging up weeds or planting. Break up your activities to prevent soreness.
6. Take frequent breaks and drink plenty of fluids to prevent dehydration or overexertion.

After a long day of cleaning, we can put those grills to good use. But don't forget the veggies. Here is a great recipe for grilled vegetables to go along with whatever else you may be grilling for the day.

Grilled Mesquite Vegetables

- 1 eggplant, trimmed and cut into ½" chunks
- 1 zucchini, quartered lengthwise
- 1 red onion, peeled and halved
- 2 red bell peppers, cut into large slices
- 2 green peppers, cut into large slices
- 2-3 Tablespoons Mrs. Dash mesquite grilling blend
- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar

In large bowl, combine Mrs. Dash and 1 tablespoon olive oil. Add vegetables and toss until well coated with olive oil mixture. Place vegetables on grill. Cover and cook, turning vegetable once during grilling. Cook until tender and vegetables develop grill marks, about 3-4 minutes on each side. Remove from grill and coarsely chop into ½" pieces. Mix remaining olive oil and balsamic vinegar in large bowl, then add vegetables to coat. Serve at room temperature.

Avoid Spring Cleaning Orthopedic Injuries. Medical News Today @ www.medicalnewstoday.com

Recipe from Diabetic Cooking: Jul/Aug 2004

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