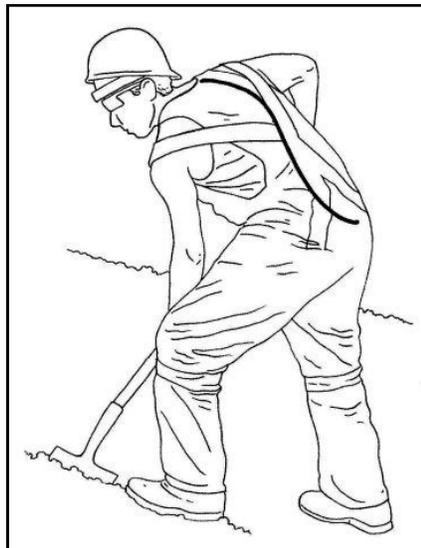




Do not twist your back when shoveling and throwing dirt like this. Always step into the direction you are throwing with one foot, just like a basketball pivot move.

For example, if your left hand is holding the top end of the shovel handle, and the throw is to the right, then step into the throw with your right foot. The low back is not made to twist, so you won't be repeatedly twisting it while shoveling, gradually wearing down the joints, leading to arthritis.



When shoveling, keep your feet facing your work in a wide stance. With a wide stance, and bending your knees when you pick up a shovel full of dirt, your back stays out of the job and your legs can take over. Your two legs are twice as strong as one back muscle.

SHOVELING