

# Ask the Professionals



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Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** What can I do to make my holiday season happy & safe?

**A:** Keep salt and sand in a place that makes it easy to use, like on a chair by the entrance to your home or business.

- Check the weather forecast prior to retiring for the evening so you can set your morning alarm earlier than usual to clear any snow with less haste.
- Plan your morning tasks, such that your cars' defrost has a chance to ensure proper visibility, perhaps review your day's plans or sort your mail while waiting.
- If you just can't stand looking under the hood to check your car's windshield washer fluid, get gas at full serve stations during the winter months, it's less costly than the accidents caused by poor visibility.
- Neck pain sufferer's benefit from using high coat collars and scarves throughout the winter. Muscles will automatically tighten if you're cold in an effort to generate heat.

Thank you all, clients, family and so many others, for your support and patronage. On behalf of all of us at Ross Physiotherapy, I wish you a happy holiday season and a great new year.  
~ Gerry & Kristie

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