

Meet Dr. Cutitta

Dr. Cutitta has been practicing chiropractic care since 2004. After seeing how chiropractic care helped his parents, he wanted to provide the same care to his own patients. He is committed to providing excellent care and helping his patients achieve optimal health and well-being.



Through years of experience, Dr. Cutitta can pinpoint the source of a patient's pain. "We can pretty much treat every joint in the body - head to toe". Though his primary complaints are headaches and backaches, Cutitta Chiropractic has treated patients with injuries and pain in all areas of the body.

Our office

In addition to providing excellent care, our office is dedicated to helping in the local community. Through continued community outreach, including lectures, pamper events and fundraising opportunities, he tries to give back as much as he receives.

If you have any questions for our office, don't hesitate to ask us! We always want to keep communication open between ourselves and our patients, and genuinely care about every question we receive

Injured?

Let us help!

1 Free Chiropractic Consultation

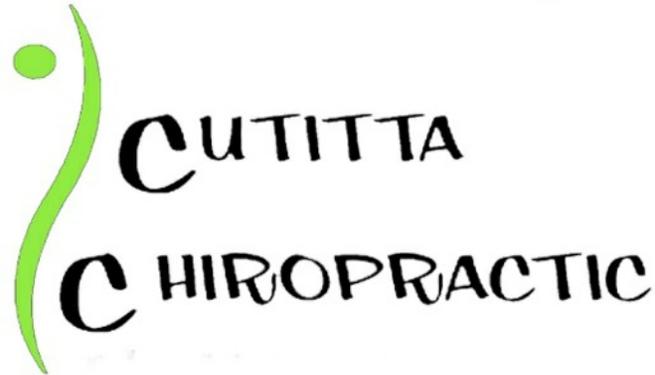
1 Free Report of Findings

And when you come in for those visits get

1 FREE 30 Minute Massage!

New patients only. This certificate may be used for bodyworks sampler only and is not redeemable for cash. All Medicare Rules apply. Complimentary consultation is for a pre-acceptance interview only, and does not cover any chiropractic services or procedures. Free Massage gift card will be issued on the Report of Findings visit and will be valid for 1 year following your report of findings. Cutitta Chiropractic reserves the right to change the contents or expiration date of this promotion at any time without notice. Transferable with recipients permission only.

Contact the office today to
make your appointment!
See inside for savings!



412.325.4100

4733 Butler Street
Pittsburgh, PA 15201

www.cutittachiro.com
Info@cutittachiro.com

Tips for a successful Fall & Winter



Cutitta Chiropractic

412.325.4100

4733 Butler Street
Pittsburgh, PA 15201

www.cutittachiro.com

Avoiding Slips & Falls

Take it slow

- Slow down and shorten your stride
- Focus on where you are walking
- Don't use your cell phone while walking
- Plan your route and think ahead to possible obstacles
- Keep a hand free to use the handrail on stairs
- Don't carry too much
- Don't block your vision with large loads
- Don't carry so much that your center of gravity changes
- Avoid inclines & difficult terrain when carrying objects
- Wear appropriate footwear (no high heels or flat slippery soles!)
- Do the "Penguin Shuffle"
 - ✓Keep your knees bent slightly
 - ✓Shuffle your feet rather than lifting them totally off the ground
 - ✓Slide your feet forward in slow, short strides

Stay on your feet when stepping off curbs or getting out of vehicles



- When stepping down land on a flat foot – if you land just on a heel you will slip
- Try to use cleared paths and walkways
- When getting out of a car, swing both legs out and place them flat footed on the ground
- Grab the door frame of the car or

steering wheel for support

- Always use 3 points of contact – 2 feet and one hand
- Do the "Penguin Shuffle" as you head away from the car
- Buy appropriate footwear
- If you know you have difficulty with slips and falls, use equipment like walking sticks or canes to help support you – buy ones with the correct tips to grip in ice
- When entering buildings
 - ✓Take advantage of floor mats to wipe all the moisture off your feet. This will protect you and others
 - ✓Avoid walking on wet floors
 - ✓Report wet floors before they become a problem
- Take your own preventative measures
 - ✓If you have ice on your property, spread salt to remove it
 - ✓If you see ice elsewhere, make sure to contact the property owner to have them lay down salt
 - ✓Call 311 to report property owners who don't properly remove ice
 - ✓Shovel snow before it can melt and cause ice

Leaf Raking: tips and tricks to avoid injury

Pick the right tools

- Pick a sturdy rake with wide tines that have a little bend & give to them. Raking has been shown to be faster as well as more environmentally friendly than leaf-blowing.
- If you choose to use a leaf blower, don't dump leaves into the street (where they can clog up the sewers), and try to limit it's use to blowing leaves out of hard-to-rake locations.



Treat raking as a workout

- Before you start raking that you do some gentle stretches - focus on your arms, back and legs.
- Warm up with a walk around your yard.
- Move your legs and feet in addition to your arms - Don't just stand still and move only your upper body. This avoids strain on the lower back.
- Take 10-15 minute breaks every 30-45 minutes.
- Rake with small, more compact strokes rather than large ones
- Drink lots of water
- Take time for a proper "cool down" - stretch again and walk around until your heart-rate slows down.

Plan your raking before you start

During your warm up walk decide:

- Where the leaves are going to be piled
- Where you are going start raking (don't rake against the wind, unless you want to rake the same leaves 2-3 times)
- Will you be bagging up your leaves for disposal, or will you be mulching with them or composting?

Delegate!

The more people you have dividing up the yard the easier it will be to tackle. Recruit your family members, local neighborhood kids, and friends. This will help make the task go faster and will make it more fun too! Have one person rake and the other bag, and switch half-way through. If you have a neighbor, do your yard one day and theirs the next - each of you will find you save time when working together.

Snow shoveling pro-tips

Did you know that clearing an area by shoveling means you can lift and carry anywhere from a hundred pounds to a thousand pounds of snow? Avoid injury using these pro-tips!

Treat Shoveling as a workout!

- Before you start shoveling that you do some gentle stretches - focus on your arms, back and legs.
- Warm up with a walk around your house.
- Take a 5 minute break every 15-20 minutes
- Drink lots of water
- Take time for a proper "cool down" - stretch again and walk around until your heart-rate slows down.

Dress in Layers

When you first go out you'll need the extra layers to keep you warm, but as you start moving your body will warm up and you should peel off the first few layers - this keeps you from overheating as you exercise.

Plan your Shoveling

Don't move the snow further than you have to!

- Just clear the areas you need to.
- Don't move snow twice
 - ✓ Before you even start shoveling, decide where all that snow is going.
 - ✓ Drop the first shovel-full farther away and work toward that point - get closer to your snow pile as you get more and more tired.
 - ✓ Don't pile up snow in a way that will cause you to have to move it twice
 - ✓ Clear off your cars before shoveling around them

Keep your posture in check

- Use leg muscles as much as possible - push snow instead of lifting it, and remember to lift with your legs, not with your back.
- Keep your back straight as you move from a squat to upright - this keeps your leg muscles working and your back muscles protected.
- Use your shoulder muscles as much as possible, protecting your more easily damaged elbows and wrists.
- Hold the snow as close to your upper body as possible - over extending it makes the snow feel heavier and makes your body work harder.
- Keep one hand close to the shovel blade to increase your leverage
- Don't twist your upper body as you throw the snow - this puts strain on your lower back.



Get a head start

It will be easier to remove layers of snow rather than wait until it is all on the ground. If it looks like you're going to get dumped on, try to get out and shovel every few hours to keep the weight you have to lift under control.