



Continuum Health Partners, Inc.

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### **Last Minute Holiday Shopping May Cause “Shopping Bag-it is**

New York, NY (December 20, 2011) Not all of us like shopping. As a matter of fact, many people find the task to be a figurative “pain.” Turns out, hauling heavy shopping bags can trigger an overuse of muscles, ligaments and joints of the spine, making shopping an actual pain. Dubbing these shopping-related aches and pains “shopping bag-itis,” Andrew Casden, M.D., Associate Director of the Spine Institute at Beth Israel Medical Center says it can happen no matter how in-shape someone is. It can happen to someone who has never had a history of back pain or it can happen to someone who has had back pain in the past and shopping exacerbates their previous back problems.

To avoid “shopping bag-itis” during the holiday rush, Dr. Casden offers the following tips:

- Don't shop till you drop.
- Space out your shopping over a few days.
- Try to balance your bags to avoid undue strain on one side.
- Carry packages as close to your body as possible.
- Lift heavy bags correctly, bend your knees and use your legs.
- Store as many packages as you can in your car
- Buy your heaviest gifts last.
- Make multiple trips to the car during your shopping excursion

Happy (and healthy) shopping!

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