NEWSLETTER

Beyond Physical Therapy

APRIL 2023



DO NOT LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

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NEWSLETTER
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The Newsletter About Your Health & Caring for Your Body



DO NOT LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

Do you notice getting up and down seems to be more difficult and even painful at times? Are you concerned about all the work you have to do in your garden and how your knees will handle it? At Beyond Therapy and Wellness, our physical therapists have proven success in helping people with knee pain feel better to do what they love!

Gardening is one of the most popular activities people of all ages, and physical abilities enjoy worldwide. If you are someone that enjoys gardening, you understand that it can be physically demanding at times. Whether you are lifting or carrying or kneeling and bending over, the demands on the body can lead to pain and injury.

Anyone that gardens know that getting out in nature and the pure enjoyment of using your hands to get something to grow is worth the effort. Most gardeners don't know that your knees also benefit from the work!

At Beyond Therapy and Wellness, our physical therapists understand the importance of staying active for knee health. We will work with you to make sure you resolve any limitations you may have so you can get back in the garden and enjoy a pain-free season!

Request an appointment today!

WHY GARDENING IS GOOD FOR THE KNEES

One of the biggest mistakes people with sore knees make is avoiding activity altogether. For years the message was, "if it hurts, don't do it." Unfortunately, this is one of the worst things you can do when it comes to the knees.

One of the most common problems gardeners deal with is knee osteoarthritis. In recent years, knee degeneration has been proven to be related to inactivity. Unfortunately, most people still believe the myth that using your knees will lead to more wear and tear of the cartilage.

Multiple research studies have concluded that keeping your thigh muscles strong and joints mobile is the foundation for the health of your knees. The cartilage in our knees gets its nutrition through movement, and sedentary lifestyles cause more harm and damage to the knees than activity.

In addition, we have known for decades that muscles stay strong by using them. Resting and inactivity lead to atrophy and weakness in the muscles. The weaker the thigh muscles, the more pain, and dysfunction in the knee joints.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

Too often, people think that if their knees hurt, they should avoid activity. Studies have demonstrated that gardening is one of the safest and most effective ways to improve the health and function of the knees!

Another common knee condition associated with gardening is prepatellar bursitis. The kneecap (patella) is protected by little sacs of fluid (bursa), which become irritated and/or inflamed from prolonged and/or repetitive kneeling.

The most effective solution to this condition is to prevent it in the first place. The easiest way to avoid this condition is to limit the time you are kneeling and use a pad to minimize the pressure on the kneecap itself.

Like osteoarthritis, the treatment of prepatellar bursitis is restoring any lost motion and strengthening the thigh muscles. At Beyond Therapy and Wellness, our physical therapists are highly trained at treating all types of knee injuries. Our assessments will identify the factors contributing to your pain/injury and help us provide the most effective treatment to resolve your issues and get you back in the garden sooner than later!

WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about the type of gardening you enjoy and the demands on the body required to perform the duties necessary.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual gardener.

Your physical therapist will then incorporate gardening-specific treatments, including modifications and proper techniques to assist you in a safe return to your garden so you can do what you love!

REQUEST AN APPOINTMENT TODAY!

At Beyond Therapy and Wellness, our physical therapists are experts at treating gardening-related injuries. We have proven success with treating gardeners of all ages and physical abilities.

Call today to schedule an appointment with one of our specialists!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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MEDITERRANEAN CHICKEN SALAD

INGREDIENTS:

- 1/2 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- 1/4 tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS:

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

PATIENT SUCCESS STORY

"I am happy to be doing my physical therapy with this team."

"Kristi was fantastic. She is personable and made me feel comfortable for my initial exam. She was very informative and walked me through what she was noticing. Everyone in the office is super friendly as well. I am happy to be doing my physical therapy with this team." **-K.G.**

EXERCISE ESSENTIALS

KNEE CAR *STRENGTHENS KNEE*

Start by sitting on the ground with one leg straight and your other leg raised slightly resting on your forearm. Your heel should not be touching the floor. Turn your foot out as far as possible at your ankle and then extend your knee as much as possible. Turn your foot inward as far as possible and bend your knee as much as possible. Repeat



PT WIRED

3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES WITHOUT MEDS!

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



TIPS FOR PLANTING A POTTED HERB GARDEN

Have you been wanting to get into gardening, but don't have the yard space? Consider planting a potted herb garden!

Here are a few tips and tricks to ensure your potted herb garden is successful this spring:

1. Be mindful of what you plant.

One of the exciting things about a potted herb garden is that you can grow as many different types of herbs as you want in the same container. However, before you start planting, be sure to do some research on the sun, water, and soil requirements of each herb.

For example, rosemary prefers hot and dry conditions, whereas parsley requires consistent moisture. As a result, they would not get along in the same pot.

2. Choose the right container.

As long as it has good drainage, you can use almost anything as a herb container. However, it's important to be aware that using smaller pots means you need to be extra cautious in how much you water your herbs. Too much or too little water can be especially detrimental to an herb in a small pot.

3. Use high quality soil.

The best way to ensure a healthy start to your container garden is by using high quality soil. Container soil should be lighter in density than traditional garden soil. You can also add organic matter, like perlite or peat moss, to the mixture to improve drainage and moisture retention.

We hope you're feeling ready to get started on your potted herb garden this spring. Remember to have fun and good luck!

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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